

## Parents Social & Play Groups

### Bowie Area Dads

Bowie MD

LINK

Description courtesy of Bowie Area Dads. We are a network of stay at home fathers living in the Bowie area of Maryland who provide support to other stay at home fathers and fathers who are considering staying at home. Our mission is to reduce the isolation of a stay at home father and to provide social as well as educational activities for our members.

### Cleveland Park Moms Playgroup

Washington DC

Information courtesy of Cleveland Park Moms. We are a relaxed and informal group of mothers interested in providing a fun, supportive and welcoming environment for moms and their under-3-year-old babies or toddlers to socialize.

Whether you are a stay-at-home mom or work part-time, we have something for you! Activities include playdates at the playground, pool, museums and zoo; arts and crafts, picnics, neighborhood strolls, and Halloween & holiday parties. We meet on Monday and Thursday mornings. There will be activities on Monday morning at various nearby locations as well as music circle playgroup on Thursday morning. Note the playgroup has no religious affiliation.

For more information, please contact [clevelandparkmoms@gmail.com](mailto:clevelandparkmoms@gmail.com) This e-mail address is being protected from spam bots, you need JavaScript enabled to view it

### D.C. Hip Mommies

Washington DC

<http://moms.meetup.com/1922/>

Description courtesy of DC Hip Mommies. Moms! Are you looking for a fun new group of friends? This group of stay at home & working mommies from MD, VA and DC get together with and without children. If you are interested in meeting some great moms, and would welcome the chance to do any of the following: have a good margarita, get dressed up and go out dancing, Sit & Chat at Starbucks, see a good movie, go bowling, see a live performance, hit the beach, host a BBQ or wine & cheese party, try a new restaurant then please join us! Kid centered events like story time, outdoor play parks, indoor "open play" centers, gym time, tot activities, kid performances are encouraged! We're FREE, fun, and highly addicting!

### DC Expectant Moms

Metro DC

website

Information courtesy of DC Expectant Moms and [www.thebabyduck.com](http://www.thebabyduck.com) website. Pregnant women in the DC metro area (including Northern Virginia and suburban Maryland) are welcome to join this group to share their pregnancy experiences, chat about local resources, and find friends to share this exciting time! This group is moderated by childbirth educators, doulas and lactation specialists. This group is moderated by childbirth educators, doulas and lactation specialists.

### DC Metro Dads

Washington DC

[www.dcmetrodads.com/](http://www.dcmetrodads.com/)

Description courtesy of DC Metro Dads. DCMetroDads, is an official chapter of DaddysHome, Inc. DaddysHome, a non profit group, whose vision is to be the voice for stay at home fathers and those who are thinking of becoming a

stay at home father, is a network of stay at home fathers living in the Washington DC Metro area. Currently the organization covers the entire metro area of DC, Maryland, and Virginia. DCMetroDads provides support to other stay at home fathers and fathers who are considering this life choice. Our mission is to make the decision to stay at home easier, by reducing the isolation these fathers experience, and to provide social and educational activities for our members.

#### DC Working Moms

Metro DC

[www.dcworkingmoms.com/](http://www.dcworkingmoms.com/)

Description courtesy of DC Working Moms. A group of 800+ working women who connect and share their thoughts, anxieties, passions and absurdities, about social and family issues unique to the working family and the DC Metro area. We meet regularly for play dates, lunches, networking events and happy hours.

#### Gaithersburg - Maryland Moms

Gaithersburg MD

[jsteinman@starpower.net](mailto:jsteinman@starpower.net) This e-mail address is being protected from spam bots, you need JavaScript enabled to view it

Information courtesy of Gaithersburg - Maryland Moms Club. We are a group of working, and stay at home moms. We are in Gaithersburg, and surrounding areas in Maryland. We have events, occasionally, in the week and on the weekend. And everyone is welcome to come, families, usually come on weekends, people bring, friends, and all ages, diversities are welcome. We have a postboard that is used, almost daily. We like to meet at parks, playgrounds, and other local areas. We are free, local and low key, laid back and friendly. Feel free to come join our group. Our group information, will be sent to you, if you email us.

#### Gaithersburg Area Newcomers

Gaithersburg MD

[www.geocities.com/gancmd/](http://www.geocities.com/gancmd/)

Description courtesy of Gaithersburg Area Newcomers Club. The GAITHERSBURG AREA NEWCOMERS' CLUB (GANC) is a social organization that enables new residents to the Gaithersburg, MD area to make friends and make a successful transition into our community. There are a number of social events each month including daytime and weekend trips, coffees, bridge, Mah Jongg, book clubs, etc.

#### Georgetown Moms

[www.georgetownmom.com](http://www.georgetownmom.com)

This online group runs a forum for moms and dads in the Georgetown neighborhood of Washington DC. In addition to a active forum, the group also hosts occasional get togethers such group picnics and kid friendly events. The Georgetown Moms Group is a great resource for local parents to meet other neighborhood moms, set up playgroups or outings and share local parenting tips and topics. Extra, extra&hellip;the website includes a babysitter database!! You can reach the group at [www.georgetownmom.com](http://www.georgetownmom.com).

#### Germantown Moms

Germantown MD

website

Description courtesy of Germantown Moms. If you are looking for a great moms group in the Germantown area, this is the one. We are not limited to the Germantown area, so please join us if you live in neighboring areas. We are a wonderful group of supportive mothers who like to get together for weekly activities. Some of our activities include park days, swimming, picnics, movies, playgroups, breakfast, MNO, and much more. Come join us and see what we're all about!

#### Greater Reston Newcomers Club

Reston VA

[www.restonnewcomers.org/](http://www.restonnewcomers.org/)

Information courtesy of the Greater Reston Newcomers Club. If you are ready for new friends and interests, the

Greater Reston Newcomers and Neighbors Club is for you! This club is a women's social organization which has been active in the Reston area for many years. All women of Northern Virginia, newcomers and long time residents, are welcome to join. The Club's purpose is to extend a friendly, helping hand, to offer the opportunity to make new friends, find camaraderie, and enjoy a variety of creative, social and recreational activities from September through May. Most activities take place during the week. However, on weekends we offer wine tasting, dinner groups and special event parties for members, their spouse or a friend.

Hip Mommie DC.com

LINK

Online blog and mommy friendly resource that connects Metro DC Area mothers with activities and playgroups.

ICAN

International Cesarean Awareness Network

Northern VA

<http://icanofnova.org/>

Group meets once a month and offer support and information about cesarean delivery, physical and mental recovery, and cesarean prevention. Meeting dates and locations are on the website.

Joy Troupe

Metro DC Area

<http://www.joytroupe.com>

The Joy Troupe organizes several playgroups in the Alexandria/NOVA area and also has an online community for area moms and mom organizers. Play group and communities can be accessed through the group's main website that is loaded with tons of useful local parenting information. The majority of members are from Northern Virginia with a few from the District and Maryland. Note, you can find and form groups, get and share ideas, and chat with other moms on their site.

Laurel Moms Club

Laurel MD

[www.laurelmomsclub.org/](http://www.laurelmomsclub.org/)

Description courtesy of Laurel Mom's Club. The Laurel Moms Club of Laurel, Maryland, is a great place for you and your children to make new friends, learn new things and become part of the community. We welcome all moms: stay-at-home, work-from-home or work-outside-the -home, there's something for everyone. Our monthly meetings are held in the evening so moms also have a chance to make adult friendships and talk about the things that are important to them without a lot of distractions. Of course, there are lots of fun activities throughout the month for moms and kids to enjoy together. Come to our next meeting and see for yourself.

La Leche League

Northern VA, MD & Washington DC

<http://www.llli.org/resources.html>

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. There are a number of groups that meet daily throughout the DC Metro area. Leaders are volunteers who will answer phone calls at any hour and will even make in home visits for new moms in need of breastfeeding assistance. In addition to general breastfeeding education and support, meetings also address a host of issues that arise as your infant ages. Questions such as starting solids, pumping, going back to work and weaning are all addressed. For more information, visit these local links Maryland, Northern VA and Washington DC.

McLean Newcomers Club

McLean VA

LINK

Description courtesy of McLean Newcomers Club. McLean Newcomers Club is open to residents of McLean, Virginia and its environs. Our purpose is to create new friendships, to provide opportunities for socializing and to acquaint residents with the community. The club sponsors many group activities including book discussions, gourmet groups, outdoor recreation, playgroups, local tours, etc. We hold a welcoming coffee on the first Wednesday, and a monthly

luncheon on the third Wednesday, of every month, from September through June.

Mocha Moms  
Washington DC  
[www.mochamoms.org/](http://www.mochamoms.org/)

Information courtesy of Mocha Moms. Mocha Moms Online is a site for stay at home mothers of color. Mocha Moms is a support group for stay at home mothers of color who have chosen not to work full-time outside of the home in order to devote more time to their families.

MOM's Club International  
Check website for DC Metro locations  
[www.momsclub.org/welcome.html](http://www.momsclub.org/welcome.html)

Mom's Club is an international organization that provides activities, support and friendship to part-time and stay-at-home moms. Our area is loaded with local Mom's clubs in just about every zip code in the Metro DC area. Checkout the attached website to find the group closest to you. There is a small annual cost, but it more than covers what the organization provides. Note, most groups even provide a two week supply of food to member moms who have just had a newborn. Now that is a friend!! The group acts like a sorority of sorts. With the transient nature of this area, this is a group that transcends city. You could easily take your memories and club affiliation with you to Bethesda or San Diego and the list goes on. It is a perfect destination for a new mom or a mom new to area.

MOM'S Support Club of Alexandria-West, VA  
LINK

information provided by MOM's Support Club of Alexandria-West. We are the Alexandria-West, Virginia branch of the International Moms Offering Moms Support (MOMS) Club. The MOMS Club offers support, friendship, fun activities and informative meetings for at-home mothers and full-time or part-time working moms. This group serves ZIP codes 22304, 22311, 22312 and 22313.

Montgomery County Dads  
Montgomery County MD  
website

Description courtesy of Montgomery County Dads. We are a network of stay at home fathers living in Montgomery County Maryland who provide support to other stay at home fathers and fathers who are considering this life choice. Our mission is to make the decision to stay at home easier, by reducing the isolation these fathers experience, and to provide social and educational activities for our members.

Mothers & More  
[www.mothersandmore.org/](http://www.mothersandmore.org/)

Information courtesy of Mothers and More. Mothers and More provides a nationwide network of local chapters for mothers who are altering their participation in the paid workplace over the course of their active parenting years. Chapters are structured to support a mother as she navigates the challenges of her daily life. Check the web for more information.

Mothers First  
[www.mothersfirst.org/](http://www.mothersfirst.org/)

Information courtesy of Mothers First. Mothers First is a volunteer, nonprofit organization dedicated to helping women make the transition from careers to at-home motherhood. Mothers First creates communities that support and encourage women in their decision to stay at home with their young children. Mothers First gives women opportunities to share information and resources that help them develop personally and as mothers.

Mothers of North Arlington  
[www.monamoms.org/](http://www.monamoms.org/)

Information courtesy of MONA. MONA is a local support group for mothers who primarily stay at home with their children, including those who have home-based businesses or work part-time but are home with their children during the day. They offer support, friendship, fun activities, and informative meetings for our members.

New Neighbors League - DC  
Washington DC  
LINK

Description courtesy of New Neighbors League Chapter of Washington, D.C. The New Neighbors League Chapter of Washington, D.C., is an organization of 275 members which offers opportunities to have fun on a weekly basis. The purpose of the New Neighbors League Club (NNLC) is to bring together the new neighbors of the city so that they may meet. It is a not-for-profit social organization with a variety of interest groups and special activities, including monthly luncheons and speakers. Contact: (703) 453-6116.

Newcomers Club  
[www.newcomersclub.com/dc.html](http://www.newcomersclub.com/dc.html)

Description courtesy of Newcomers Club. This is a directory of Newcomers Clubs, Women's Groups, Moms Clubs & Dads organizations in District of Columbia Area, which are designed to give men and women the opportunity to meet and develop friendships with others who live in the area. Many of these groups have general meetings and interest groups which encourage members to learn about their new city, its culture, activities, lifestyle, and to develop friendships by sharing interests and hobbies with each other. Some of the different groups in the directory include Newcomers Club, New Neighbors, Welcome Friends, Friends & Families, Welcome Wagon Club, MOMS Club, Mothers and More, Dad-to-Dad, and more.

Newcomers Club of Vienna  
Vienna VA  
LINK

Description courtesy of Newcomers Club of Vienna and Friends. The Newcomers Club of Vienna and Friends, a women's social club, is for residents who are interested in making new friends. The club also hosts a monthly book exchange, sponsors trips and tours on a monthly basis as well as bridge games and a bowling league.

Newcomers of Great Falls, LTD.  
Great Falls VA  
[www.greatfallsnewcomers.com/](http://www.greatfallsnewcomers.com/)

Description courtesy of Newcomer's Club of Great Falls. Newcomers of Great Falls was founded in 1982 to provide an atmosphere in which newcomers to the Great Falls community can meet others, create friendships, & become involved in social, philanthropic, & educational activities. Currently, over 300 members enjoy a wide variety of social, athletic, cultural, & philanthropic activities.

Newcomers of Lake Barcroft  
Falls Church VA  
website

Information courtesy of Newcomer's Club of Lake Barcroft. Newcomer's Club of Lake Barcroft is a diverse, casual and fun group. It is a great way to make new friends, get to know the neighborhood and community, and participate in Lake Barcroft activities and social events. Membership is open to all Lake Barcroft residents, whether you've been here for a month, a year or a decade.

[NorthMetroDCMommies.com](http://NorthMetroDCMommies.com)

Montgomery & Prince George County

LINK

NorthMetroDCMommies.com is a free community for moms in Montgomery and Prince Georges Counties, Maryland. We realize that all moms need local support. NorthMetroDCMommies.com offers a simple way to connect with local moms for friendship, support and fun. Members meet on our private discussion forums to share information on everything from where to get the best haircut to tips on transitioning to a "big kid" bed. Each month, we also offer many face-to-face events for our members, their children and their families.

Northern Virginia

Chapter of Mothers & More  
Northern VA

[www.novamoms.org/](http://www.novamoms.org/)

Description courtesy of Northern Virginia Chapter of Mothers and More. We are the Northern Virginia chapter of a national organization that gives you access to loads of activities taking place around the area every month for Moms, Kids, and family and a local and national support network that no Mom should be without!

Online Playgroup.Com

[www.onlineplaygroup.com/](http://www.onlineplaygroup.com/)

This virtual helper will guide you through the maze of playdates and playgroups. It will also assist you if you would like to start your own playgroup. Noteworthy, this is more of a theory based site that teaches you about the proper way to seek out or start a group. It doesn't drill down to local Metro DC Area sites. If you are looking for a specific group either through location or interest (e.g. Mothers of Multiples) best to stick with [www.newcomersclub.com/dc.html](http://www.newcomersclub.com/dc.html):

Parenting Playgroups, Inc

6161 Fuller Court

Alexandria VA 22310

703-922-0044

[www.parentingplaygroups.com/](http://www.parentingplaygroups.com/)

Comprehensive programs used for toddlers and children. Located in Alexandria, Parenting Playgroups, Inc. offers a diverse selection of classes. Sessions include art projects, open play, snacks and sing alongs. Play areas are loaded with non-traditional stimulations that include a sand table, science area, blocks, housekeeping, wall easel, puzzles and more. Noteworthy, unlike traditional playgroups, structured sessions hit topic like positive discipline, grandparent issues and parenting course. The founder, Renee Hackney, holds a PhD in Developmental Psychology, an Master of Arts School Psychology and a BS in Psychology. Her programs are thoughtfully crafter with her educational background in mind.

Potomac Area Newcomers Club

Potomac MD

[www.potomacnewcomers.com/](http://www.potomacnewcomers.com/)

Description courtesy of Potomac Newcomers Club. The Potomac Area Newcomers Club is an enthusiastic group of over 270 women who have moved to the Potomac area from all over the United States and around the world. We have a myriad of activities that you can participate in. Our goal is to help newcomers form new friendships, expand their horizons, and take advantage of the countless opportunities that are available in the Washington, D.C. area.

Stroller Strides

Check website for DC Metro locations

Washington DC 20001

888-224-6288

[www.strollerstrides.com](http://www.strollerstrides.com)

The goal of Stroller Strides is to get women out there and exercising as soon as medically possible. Members meet at parks and in malls. The program provides structured exercise coupled with an opportunity for new moms to join a community of women that are going through the rollercoaster ride of parenting a newborn. Feeling isolated, tired and completely overwhelmed (what new mother isn't?) with motherhood, this is great place to start your journey back to the real world. Classes run from 55 to 75 minutes. This is a total fitness program that incorporates power walking and body toning with the use of a stroller. Classes range in price. Ten classes cost \$100.00 or \$10.00 a session.

The Baby Duck

[www.thebabyduck.com/newmoms](http://www.thebabyduck.com/newmoms)

An online resource that serves Northern VA, Suburban MD and Washington DC. Baby Duck provides an excellent listing of classes, services, playgroup and product information for expecting and new mothers. Noteworthy, this is an exceptional online resources for everything from playgroups to Mom's Clubs and even coupon and product information. Take a minute to look at the site:

Vienna Moms, Inc.

Vienna VA

<http://viennamoms.org/>

Description courtesy of Vienna Moms, Inc. The Vienna Moms is a local support group for stay-at-home-moms and those who work part-time or have home-based businesses. We offer a resource of support, friendship, fun activities for both children and their moms, and an outlet for giving back to the community.

Warrenton Newcomers Club  
Warrenton VA  
LINK

Description courtesy of Warrenton Newcomers Club. The Warrenton Newcomers Club is dedicated to welcoming newcomers to the Warrenton area, acquainting them with the community, and promoting friendship through club activities. Members may choose from many activities listed in our monthly newsletter. Groups include Bunko, Walking Group, Wine Tasting, Newcomers' Coffee, Sweet Mondays, Lunch Bunch, Chick Flick, Book Club, Scrap Heap, Gardening, and Couples Socials. Membership: Faye Foster (540) 428-0075.

Women's & Children's Wellness Foundation  
[www.thebabyduck.com/newmoms](http://www.thebabyduck.com/newmoms)

The Women's and Children's Wellness Foundation, Inc. (WCWF) is a not-for-profit organization focused on helping mothers with postpartum depression. Groups meet throughout Northern Virginia and Washington D.C. Review the website or contact [j-bsims@comcast.net](mailto:j-bsims@comcast.net) This e-mail address is being protected from spam bots, you need JavaScript enabled to view it

for more information.