



## 12 STEP AND SUPPORT GROUPS

MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
Couples in Recovery	Sun.	4:00 PM	Weekly	Community Room*
AA Meeting	Sun.	8:00 PM	Weekly	Community Room*
The Sage Group Al-Anon	Mon.	12:00 PM	Weekly	HHCI 104 - New Life Meeting Room
Men's AA	Mon.	12:00 PM	Weekly	HHCI 103 - Montieth Conference Room
Alzheimer's Caregivers Support Group	Mon.	3:00 PM	1st & 3 <sup>rd</sup> Monday	HHCI 104 - New Life Meeting Room
<sup>1</sup> Living Grace Group	Mon.	6:30 PM	Weekly	HHCI 201 - Fondren Family Room
<sup>1</sup> Living Hope Group	Mon.	6:45 PM	Weekly	HHCI 202
Gamblers Anonymous	Mon.	7:00 PM	Weekly	HHCI 103 - Montieth Conference Room
Gam-Anon	Mon.	7:00 PM	Weekly	HHCI 104 - New Life Meeting Room
CODA	Mon.	7:15 PM	Weekly	HHCI 204
Gamblers Anonymous	Tues.	12:00 PM	Weekly	HHCI 104 - New Life Meeting Room
Women's AA	Tues.	12:00 PM	Weekly	Community Room*
Men's AA	Tues.	12:00 PM	Weekly	HHCI 103 - Montieth Conference Room
Grief Support Group	Tues.	5:45 PM	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday	HHCI 210
"Depression/Bipolar Support Alliance (DBSA)-Caregivers Support Meeting"	Tues.	6:00 PM	Weekly	HHCI 104 - New Life Meeting Room
Co-Ed SLAA - Sex and Love Addicts Anonymous	Tues.	6:30 PM	Weekly	HHCI 204
Compassionate Friends Support Group	Tues.	7:00 PM	3 <sup>rd</sup> Tuesday	HHCI 103 - Montieth Conference Room
OA - HOW	Tues.	7:00 PM	Weekly	HHCI 203 - Hamill Classroom
Crohn's & Colitis Support Group	Tues.	7:30 PM	2nd Tuesday	HHCI 103 - Montieth Conference Room
Co - Ed AA Speaker Meeting	Wed.	12:00 PM	Weekly	HHCI Auditorium
COSA (Co-Sex Addicts)	Wed.	12:00 PM	Weekly	HHCI 104 - New Life Meeting Room
SAA- Sex Addicts Anonymous	Wed.	12:00 PM	Weekly	HHCI 103 - Montieth Conference Room
Rageaholics Anonymous	Wed.	12:00 PM	Weekly	HHCI 204
<sup>1</sup> Family Grace Group	Wed.	6:45 PM	Weekly	HHCI 103 - Montieth Conference Room
"Depression/Bipolar Support Alliance (DBSA)-Support Group"	Wed.	7:00 PM	Weekly	HHCI 104 - New Life Meeting Room
Parents of Adolescents in Recovery	Wed.	7:30 PM	Weekly	HHCI 204
Men's AA	Thurs.	12:00 PM	Weekly	AC Upper Hall*
HeartSync Support Group	Thurs.	6:30 PM	Weekly	HHCI 204
NAMI – Connection Recovery Support Group	Thurs.	6:30 PM	Weekly	HHCI 104 – New Life Meeting Room
GRASP-Grief Support After a Substance Passing	Thurs.	7:00 PM	1st Thursday	HHCI 201 - Fondren Family Room
SAA – Women Helping Women	Fri.	12:00PM	Weekly	HHCI 104 – New Life Meeting Room
New Canaan Society	Fri.	6:30 AM	Weekly	HHCI 203 - Hamill Classroom
Men's AA Step Up Meeting	Fri.	12:00 PM	Weekly	HHCI 103 - Montieth Conference Room
Young Adults AA	Sat.	8:00 PM	Weekly	Community Room*

<sup>1</sup> See back for description of group.

\* Community Room and Upper Hall are located at St. Martin's Activity Center

\*\* Support Groups are subject to change. Please check website for current list.



The following groups are facilitated utilizing the Grace Alliance curriculum which focuses on providing individuals and families with the opportunity to share and learn within a faith based supportive community. Members may join the group at anytime during the 16 weeks. No registration needed.

#### Living Grace Group

A 16-week faith-based support group for those living with a serious mental health difficulty or disorder (i.e. depression, OCD, Schizophrenia, etc.). Topics include: Identity, Stigma, Medication, Managing Stressors, and much more.

#### Living Hope Group

A 16-week faith-based support group for adult female survivors of childhood/adult sexual assault or domestic violence. This dynamic group provides a safe place for survivors to heal and rebuild their lives.

#### Family Grace Group

A 16-week faith-based support group for the families or loved ones of those living with a mental health difficulty. Topics include: Building Faith, Stigma, Communication, Medication, Grieving & Grace, Self-Care, Boundaries, and much more.