



HHCI

Hope and Healing Center & Institute
Transforming Lives, Restoring Hope



12 STEP 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
Men's AA	Mon.	12:00 PM	Weekly	HHCI 103 - Montieth Conference
Gamblers Anonymous	Mon.	7:00 PM	Weekly	HHCI 103 - Montieth Conference
Gam-Anon	Mon.	7:00 PM	Weekly	HHCI 104 - New Life Meeting
CODA	Mon.	7:15 PM	Weekly	HHCI 204
Gamblers Anonymous	Tues.	12:00 PM	Weekly	HHCI 104 - New Life Meeting
Women's AA	Tues.	12:00 PM	Weekly	Community Room*
Men's AA	Tues.	12:00 PM	Weekly	HHCI 103 - Montieth Conference
Co-Ed SLAA - Sex and Love Addicts	Tues.	6:30 PM	Weekly	HHCI 204
OA – HOW	Tues.	7:00 PM	Weekly	HHCI 203 - Hamill Classroom
Co - Ed AA Discussion Meeting	Wed.	12:00 PM	Weekly	HHCI Auditorium
COSA (Co-Sex Addicts)	Wed.	12:00 PM	Weekly	HHCI 104 - New Life Meeting
SAA- Sex Addicts Anonymous	Wed.	12:00 PM	Weekly	HHCI 103 - Montieth
Rageaholics Anonymous	Wed.	12:00 PM	Weekly	HHCI 204
Parents of Adolescents in Recovery	Wed.	7:30 PM	Weekly	HHCI 204
Men's AA	Thurs.	12:00 PM	Weekly	AC Upper Hall*
Co-Ed NA	Thurs.	7:00 PM	Weekly	HHCI 203 - Hamill Classroom
SAA – Women Helping Women	Fri.	12:00PM	Weekly	HHCI 104 – New Life Meeting
Men's AA Step Up Meeting	Fri.	12:00 PM	Weekly	HHCI 103 - Montieth
Young Adults AA	Sat.	8:00 PM	Weekly	Community Room*

* 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.





HHCI

Hope and Healing Center & Institute
Transforming Lives, Restoring Hope



SUPPORT GROUPS

MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
¹ Natural Disaster Loss and Trauma Support Group in Spanish	Mon.	11:00 AM	Weekly: Oct. 16th	HHCI 201 - Fondren Family Room
Alzheimer's Caregivers Support Group	Mon.	3:00 PM	1st & 3 rd Monday	HHCI 104 - New Life Meeting Room
¹ Living Grace Group	Mon.	6:30 PM	Weekly	HHCI 201 - Fondren Family Room
¹ Living Hope Group	Mon.	6:45 PM	Weekly	HHCI 202
Special Needs Parenting Support Group	Tues.	10:00 AM	Weekly: Sept-Nov	HHCI 104 – New Life Meeting Room
Grief Support Group	Tues.	5:45 PM	2 nd and 4 th Tuesday	HHCI 210
“Depression/Bipolar Support Alliance (DBSA)-Caregivers Support Meeting”	Tues.	6:00 PM	Weekly	HHCI 104 - New Life Meeting Room
Compassionate Friends Support Group	Tues.	7:00 PM	3 rd Tuesday	HHCI 103 - Montieth Conference Room
Crohn's & Colitis Support Group	Tues.	7:30 PM	2nd Tuesday	HHCI 103 - Montieth Conference Room
“Depression/Bipolar Support Alliance (DBSA)-Support Group”	Wed.	7:00 PM	Weekly	HHCI 104 - New Life Meeting Room
HeartSync Support Group	Thurs.	6:30 PM	Weekly	HHCI 204
¹ Family Grace Group	Thurs.	6:30 PM	Weekly	HHCI 202
GRASP-Grief Support After a Substance Passing	Thurs.	7:00 PM	1st Thursday	HHCI 201 - Fondren Family Room
New Canaan Society	Fri.	6:30 AM	Weekly	HHCI 203 - Hamill Classroom
¹ Natural Disaster Loss and Trauma Support Group	Fri.	12:00 PM	Weekly: Sept. 29 – Nov.	HHCI 201 - Fondren Family Room

¹ 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.

Natural Disaster Loss and Trauma Group

An 8-week faith-based support group for anyone in the community who has been affected by Hurricane Harvey. The group will cover the topics of stress, safety, grief, stressors, and self care, along with several others.