



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*
Sage Al-Anon Family Group	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
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 201 – Fondren Family Room
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*
Gamblers Anonymous	Thurs.	12:00 PM	Weekly	HHCI 104 - New Life Meeting
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.



717 SAGE ROAD, HOUSTON TEXAS 77056 | p: 713-871-1004 | f: 713-439-1927

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MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
Global Prayer Group	Mon.	2:00 PM	Weekly	HHCI 204
Alzheimer's Caregivers Support Group	Mon.	3:00 PM	1 st & 3 rd Monday	HHCI 104 - New Life Meeting Room
¹ Hearts Transformed (Living Hope Group)	Mon.	6:30 PM	Weekly	HHCI 201 - Fondren Family Room
¹ Families Transformed (Family Grace Group)	Mon.	6:30 PM	Weekly	HHCI 210
Special Needs Parenting Support Group	Tues.	10:00 AM	Weekly: January - April	HHCI 104 – New Life Meeting Room
Grief Support Group	Tues.	5:45 PM	2 nd and 4 th Tuesday	HHCI 210
re:MIND (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
Frontotemporal Degeneration (FTD) Caregiver Support Group	Tues.	7:00 PM	4 th Tuesday	HHCI 103 - Montieth Conference Room
Crohn's & Colitis Support Group	Tues.	7:30 PM	2 nd Tuesday	HHCI 103 - Montieth Conference Room
¹ Moms' Support Circle	Wed.	6:30 PM	Starting Spring 2018	HHCI 203 – Hamill Classroom *register with achowdhury@hopeandhealingcenter.org
¹ Minds Transformed (Living Grace Group)	Wed.	6:30 PM	Weekly	HHCI 202
re:MIND (DBSA) Support Group	Wed.	7:00 PM	Weekly	HHCI 104 - New Life Meeting Room
HeartSync Support Group	Thurs.	6:30 PM	Weekly	HHCI 204
NAMI Peer-to-Peer	Thurs.	6:30 PM	Weekly	HHCI 103 - Montieth Conference Room
GRASP-Grief Support After a Substance Passing	Thurs.	7:00 PM	1 st Thursday	HHCI 201 - Fondren Family Room
New Canaan Society	Fri.	6:30 AM	Weekly	HHCI 203 - Hamill Classroom

¹ See back for description of group.

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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.

Minds Transformed (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.

Hearts Transformed (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.

Families Transformed (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.

Moms' Support Circle

An open postpartum support group for mothers struggling in a new season of motherhood and need a safe place to share and connect with other moms. This group will allow mothers a moment to breathe and share the joys and challenges of motherhood.