



HHCI
Hope and Healing Center & Institute
Transforming Lives, Restoring Hope



12 STEP SUPPORT GROUPS

MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
Couples in Recovery (RCA)	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	104 - New Life Meeting Room
Men's AA	Mon.	12:00 PM	Weekly	103 - Montieth Conference Room
Gamblers Anonymous	Mon.	7:00 PM	Weekly	103 - Montieth Conference Room
Gam-Anon	Mon.	7:00 PM	Weekly	104 - New Life Meeting Room
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	103 - Montieth Conference Room
Co-Ed SLAA (Sex and Love Addicts Anonymous)	Tues.	6:30 PM	Weekly	HHCI 204
OA - HOW	Tues.	7:00 PM	Weekly	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	104 - New Life Meeting Room
SAA (Sex Addicts Anonymous)	Wed.	12:00 PM	Weekly	103 - Montieth Conference
Rageaholics Anonymous	Wed.	12:00 PM	Weekly	201 - Fondren Family Room
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	104 - New Life Meeting Room
DAA (Drug Addicts Anonymous)	Thurs.	6:30 PM	Weekly	104 - New Life Meeting Room
SAA - Women Helping Women	Fri.	12:00PM	Weekly	104 - New Life Meeting
Men's AA Step Up Meeting	Fri.	12:00 PM	Weekly	103 - Montieth Conference
Young Adults AA	Sat.	8:00 PM	Weekly	Community Room*

All rooms located in HHCI unless noted below.

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

** Support Groups are subject to change.

Updated June 26th, 2018



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SUPPORT GROUPS

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	104 - New Life Meeting Room
¹ Hearts Transformed	Mon.	6.30 – 8.00	Weekly	201 – Fondren Family Room
¹ Families Transformed	On Hold	On Hold	Weekly	On Hold
Special Needs Parenting Support Group	Tues.	10:00 AM	Weekly: Starting in September	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	104 - New Life Meeting Room
Compassionate Friends Support Group	Tues.	7:00 PM	3 rd Tuesday	103 - Montieth Conference Room
Frontotemporal Degeneration (FTD) Caregiver Support Group	Tues.	7:00 PM	4 th Tuesday	103 - Montieth Conference Room
Crohn's & Colitis Support Group	Tues.	7:30 PM	2 nd Tuesday	103 - Montieth Conference Room
¹ Minds Transformed	On Hold	On Hold	Weekly	On Hold
re:MIND (DBSA) Support Group	Wed.	7:00 PM	Weekly	104 - New Life Meeting Room
NAMI Peer-to-Peer	Thurs.	6:30 PM	Weekly	103 – Montieth Conference Room
GRASP-Grief Support After a Substance Passing	Thurs.	7:00 PM	1 st Thursday	201 - Fondren Family Room
New Canaan Society	Fri.	6:30 AM	Weekly	103 - Montieth Conference Room
DBT-based Skills Group	TBA	TBA	TBA	TBA

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 any time during the 16-week program. No registration needed.

Minds Transformed

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

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

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.



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