

SUPPORT GROUPS



MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
Men's AA	Mon	12:00 PM	Weekly	103 – Montieth Conference Rm
Serenity Seekers Tanglewood (Al-Anon)	Mon	12:00 PM	Weekly	104 – New Life Meeting Rm
Alzheimer's Caregivers Support Group	Mon	3:00 PM	1 st & 3 rd Monday	103 – Montieth Conference Rm
reImagine Group (registration required)	Mon	11:00 AM	Weekly	HHCI Room 204
Gambler's Anonymous	Mon	7:00 PM	Weekly	103 – Montieth Conference Rm
Gam-Anon	Mon	7:00 PM	Weekly	104 – New Life Meeting Rm
CODA	Mon	7:15 PM	Weekly	HHCI Room 204
Women's AA Sage Piney Point	Tues	12:00 PM	Weekly	HHCI Room 204
Grief Support Group - Virtual	Tues	5:30 PM	2 nd Tuesday	Call HHCI for Details
Compassionate Friends - Houston Inner Loop	Tues	7:00 PM	3 rd Tuesday	103 – Montieth Conference Rm
Frontotemporal Degeneration - Caregiver	Tues	7:00 PM	4 th Tuesday	Virtual
re:MIND	Tues	7:00 PM	Weekly	104 – New Life Meeting Rm
OA – HOW	Tues	7:00 PM	Weekly	HHCI Room 204
Crohn's & Colitis	Tues	7:00 PM	2 nd Tuesday	103 – Montieth Conference Rm
SAA (Sex Addicts Anonymous)	Wed	12:00 PM	Weekly	103 – Montieth Conference Rm
Grief Support Group – Virtual	Wed	12:00 PM	4 th Wednesday	Call HHCI for Details
Rageaholics Anonymous – Hybrid	Wed	12:00 PM	Weekly	Rm 201 - Fondren Family Room
Al-Anon Parents Group	Wed	7:00 PM	1 st & 3 rd Wednesday	103- Montieth Conference Rm
Men's AA – Outpost	Thurs	12:00 PM	Weekly	SMEC- Upper Hall
¹ Heart's Transformed (registration required)	Thurs	5:00 PM	Weekly	HHCI Room 204
¹ Minds Transformed (registration required)	Thurs	5:00 PM	Weekly	103- Montieth Conference Rm
¹ Families Transformed (registration required)	Thurs	5:30 PM	Weekly	Rm 201 - Fondren Family Room
Gambler's Anonymous	Thurs	7:00 PM	Weekly	104 – New Life Meeting Rm
Survivors of Suicide Loss (SOS)	Thurs	6:30 PM	2 nd & 4 th Thursday	103 – Montieth Conference Rm
CARES- Caregiver Support Group	Fri	10:00 AM	2 nd Friday	Call HHCI for Details
Men's AA Step Up Meeting	Fri	12:00 PM	Weekly	103 – Montieth Conference Rm
COSA	Sun	6:00 PM	Weekly	Virtual
AA Sunday Co-ed	Sun	7:30 PM	Weekly	SMEC Community Room

The following groups use a curriculum developed by Dr. Matthew Stanford, CEO.
Each group focuses on providing individuals and families with the opportunity to share and learn within a faith based supportive community. If you are interested in joining, please email apearson@hhci.org

Minds Transformed

A 16-week faith-based support group for those living with a chronic 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 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.

****Support Groups are subject to change. Updated February 2026****

