

SUPPORT GROUPS



MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
AA Meeting	Sun	8:00 PM	Weekly	Community Room*
Sage Al-Anon Family Group	Mon	12:00 PM	Weekly	104 - New Life Meeting Rm
Men's AA	Mon	12:00 PM	Weekly	103 – Montieth Conference Rm
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 Rm
¹ Hearts Transformed	Mon	6.30 – 8.00 PM	Weekly	201 – Fondren Family Rm
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 204
¹ Families Transformed	Tues	6:30 PM	Weekly	Starting Oct 16 th – HHCI 202
Special Needs Parenting Support Group	Tues	10:00 AM	Starts in September	104 – New Life Meeting Rm
Women's AA	Tues	12:00 PM	Weekly	Community Rm*
Men's AA	Tues	12:00 PM	Weekly	103 - Montieth Conference Rm
Grief Support Group	Tues	5:45 PM	2 nd & 4 th Tuesday	HHCI 210
re:MIND (DBSA) Caregivers Group	Tues	6:00 PM	Weekly	104 - New Life Meeting Rm
Co-Ed SLAA (Sex and Love Addicts Anon)	Tues	6:30 PM	Weekly	HHCI 204
Compassionate Friends Support Group	Tues	7:00 PM	3 rd Tuesday	103 - Montieth Conference Rm
Frontotemporal Degeneration (FTD) Caregiver Support Group	Tues	7:00 PM	4 th Tuesday	103 - Montieth Conference Rm
OA – HOW	Tues	7:00 PM	Weekly	201 – Fondren Family Rm
Crohn's & Colitis Support Group	Tues	7:30 PM	2 nd Tuesday	103 - Montieth Conference Rm
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 Rm
SAA (Sex Addicts Anonymous)	Wed	12:00 PM	Weekly	103 - Montieth Conference Rm
Rageaholics Anonymous	Wed	12:00 PM	Weekly	201 – Fondren Family Rm
¹ Minds Transformed	Wed	6:30 PM	Weekly	Starting Oct 17 th , Family Room
re:MIND (DBSA) Support Group	Wed	7:00 PM	Weekly	104 - New Life Meeting Rm
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 Rm
DAA (Drug Addicts Anonymous)	Thurs	6:30 PM	Weekly	104 - New Life Meeting Rm
GRASP-Grief Support After a Substance Passing	Thurs	7:00 PM	1 st Thursday	201 - Fondren Family Rm
New Canaan Society	Fri	6:30 AM	Weekly	103 - Montieth Conference Rm
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 Rm
AA Young Adults	Sat	8:00 PM	Weekly	Community Rm*

717 SAGE ROAD, HOUSTON TEXAS 77056 | p: 713-871-1004 | f: 713-439-1927 WWW.HOPEANDHEALINGCENTER.ORG | WWW.HOPEANDHEALINGINSTITUTE.ORG

****Support Groups are subject to change****

All rooms located in HHCI unless noted. (Community Room and Upper Hall are located at St. Martin's Activity Center)

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.



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

WWW.HOPEANDHEALINGCENTER.ORG | WWW.HOPEANDHEALINGINSTITUTE.ORG

