

# SUPPORT GROUPS



MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
AA Meeting	Sun	8:00 PM	Weekly	Community Rm*
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
Alzheimer's Caregivers Support Group	Mon	3:00 PM	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	104 - New Life Meeting Rm
<sup>1</sup> Minds Transformed	Mon	6:30 PM	On Hold	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 Rm 204
Special Needs Parenting Support Group	Tues	10:00 AM	Starts in Fall	104 – New Life Meeting Rm
CODA for Mental Health Professionals	Tues	12:00 PM	Weekly	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
<sup>1</sup> Hearts Transformed	Tues	6:30 PM	On Hold	HHCI Rm 202
Grief Support Group	Tues	5:45 PM	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday	HHCI Rm 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 Rm 204
Compassionate Friends Support Group	Tues	7:00 PM	3 <sup>rd</sup> Tuesday	103 - Montieth Conference Rm
Frontotemporal Degeneration (FTD) Caregiver Support Group	Tues	7:00 PM	4 <sup>th</sup> 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 <sup>nd</sup> Tuesday	103 - Montieth Conference Rm
Co - Ed AA Discussion Meeting	Wed	12:00 PM	Weekly	HHCI Rm 204
Women's 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
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 Rm 204
Pregnancy Loss Support Group for Parents	Thurs	9:30 AM	1st Thursday	104 – New Life Meeting Rm
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
<sup>1</sup> Families Transformed	Thurs	6:30 PM	Weekly	HHCI Rm 202
Pregnancy Loss Support Group for Parents	Thurs	7:00 PM	3 <sup>rd</sup> Thursday	201 – Fondren Family Rm
GRASP-Grief Support After a Substance Passing	Thurs	7:00 PM	1 <sup>st</sup> Thursday	201 - Fondren Family Rm
SAA – Women Helping Women	Fri	12:00PM	Weekly	104 – New Life Meeting Rm
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*

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**\*\*Support Groups are subject to change. Updated May 2019\*\***

*All rooms located in HHCI unless noted. (Community Room and Upper Hall are located at St. Martin's Activity Center)  
1 denotes description on back*

The following groups are facilitated utilizing a curriculum developed by HHCI, 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. Please contact HHCI for more information.

### 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.

