

SUPPORT GROUPS



MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
AA Meeting	Sun	8:00 PM	Weekly	HHCI Room 103
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 st & 3 rd Monday	104 - New Life Meeting Rm
¹ Hearts Transformed	Mon	6:30 PM	Jan 27 th ; Weekly	201 - Fondren Family Rm
¹ Minds Transformed	Mon	6:30 PM	Jan 13 th ; Weekly	HHCI Room 202
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	1 st Tuesday	104 - New Life Meeting Rm
Women's AA	Tues	12:00 PM	Weekly	HHCI Rm 204
Men's AA	Tues	11:45 AM	Weekly	103 - Montieth Conference Rm
Grief Support Group	Tues	5:45 PM	2 nd & 4 th 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	6:30 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 Rm 204
¹ Families Transformed	Wed	6:30PM	Jan 15 th ; Weekly	HHCI Room 202
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	1 st Thursday	104 - New Life Meeting Rm
Men's AA	Thurs	12:00 PM	Weekly	Auditorium
Gamblers Anonymous	Thurs	12:00 PM	Weekly	104 - New Life Meeting Rm
NAMI Greater Houston Support Group	Thurs	7:00 PM	Starts Feb 27 th	104 - New Life Meeting Rm
Pregnancy Loss Support Group for Parents	Thurs	7:00 PM	3 rd Thursday	201 - Fondren Family Rm
GRASP-Grief Support After a Substance Passing	Thurs	7:00 PM	1 st Thursday	201 - Fondren Family Rm
Men's AA Step Up Meeting	Fri	12:00 PM	Weekly	103 - Montieth Conference Rm
AA Young Adults	Sat	7:45 PM	Weekly	Auditorium

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****Support Groups are subject to change. Updated January 2020****

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.

