

SUPPORT GROUPS



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

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	1st & 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	2nd Tuesday	Call HHCI for Details
Compassionate Friends - Houston Inner Loop	Tues	7:00 PM	3rd Tuesday	103 – Montieth Conference Rm
Frontotemporal Degeneration - Caregiver	Tues	7:00 PM	4th 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	2nd 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	4th Wednesday	Call HHCI for Details
Rageaholics Anonymous – Hybrid	Wed	12:00 PM	Weekly	Rm201 - Fondren Family Room
Al-Anon Parents Group	Wed	7:00 PM	1st & 3 rd Wednesday	103-Montieth Conference Rm
Men's AA – Outpost	Thurs	12:00 PM	Weekly	SMEC- Upper Hall
Heart's Transformed (registration required)	Thurs	5:00 PM	Weekly	HHCI Room 204
Minds Transformed (registration required)	Thurs	5:00 PM	Weekly	103- Montieth Conference Rm
Families Transformed (registration required)	Thurs	5:30 PM	Weekly	Rm201-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	2nd & 4 th Thursday	103 – Montieth Conference Rm
CARES- Caregiver Support Group	Fri	10:00 AM	2nd 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

SUPPORT GROUP DESCRIPTIONS

AA MEETING

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Our caregiving support groups are designed for family members, caregivers, and friends of people with Alzheimer's disease and related disorders. These groups provide members an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others who are in similar situations.

CODA (CO-DEPENDENTS ANONYMOUS)

A fellowship of men and women whose common purpose is to develop healthy relationships. The Twelve Steps steer us from a path of self-defeating behaviors toward healthy and loving relationships with God, ourselves and others. We gather together to support and share with each other in a journey of self-discovery by being increasingly honest with ourselves about our personal histories and our own codependent behaviors. Here we are learning to love the self, growing in humility as we learn of our own shortcomings and defects of character and recognize our skills, talents and successes.

There will be a 22-person limit on our meeting room and masks are no longer required.

SUPPORT GROUP DESCRIPTIONS

CO-ED AA DISCUSSION MEETING

The Speakeasy group is a co-ed AA discussion type meeting to help anyone interested in stopping drinking or using drugs. AA meetings and sponsorship have proven to be successful in helping people stay sober for over 80 years. Anyone with a desire to stop drinking or using drugs. We believe that a sober life is absolutely possible and that free of active addiction all may be happy, joyous, and free.

<https://www.aahouston.org/>

COMPASSIONATE FRIENDS SUPPORT GROUP

The Compassionate Friends is a peer support group provides highly personal comfort, hope, and support to helping grieving families navigate the loss of a child or sibling. We offer the newly bereaved parents, siblings and grandparents on-going support during our monthly meetings and believe that with the support of others who mourn, we can find hope and healing along our grief journey. We have no religious affiliations, and come from all walks of life. All are welcome. For more information about our group you can go to our website, www.orgsite.com/tx/tcfhoustoninnerloop/index.html or direct your questions to TCFInnerLoop@gmail.com

COSA (CO-SEX ADDICTS) – WOMEN'S GROUP

COSA is a 12 Step Program to help loved ones of sex addicts. Please contact us for further questions.

CROHN'S & COLITIS SUPPORT GROUP

Crohn's and Colitis support group meetings are often intimate gatherings where patients and their loved ones can share their stories, seek emotional support, find answers to their questions, and connect with a community who share their challenges.

SUPPORT GROUP DESCRIPTIONS

FAMILIES TRANSFORMED SUPPORT GROUP

A free, 16-week, faith-based support group for the families or loved ones of those living with a mental health difficulty. Topics include: Building Your Faith, Recovery, God Is Bigger Than Our Weakness, Communication Skills, Medication, Holistic Care, Grieving and Grace, and more.

FRONTOTEMPORAL DEGENERATION FTD CAREGIVERS SUPPORT GROUP

FTD is a group of poorly understood, neurodegenerative conditions of the frontal and temporal lobes of the brain that differ from other dementias in important ways. Our support group provides information, education, sharing and resources that strengthen the ability of caregivers to care for those with FTD and to help the caregivers deal with their personal challenges as they cope with this devastating disease. Anyone caring for a FTD patient, supporting an FTD caregiver or medical personnel wishing to learn more about FTD and how to better care for the FTD patient.

[Association for Frontotemporal Degeneration \(AFTD\)](#) [More details](#)

GAMBLERS ANONYMOUS

Gambler's Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

GAM-ANON

Gam-Anon is a 12 Step self-help fellowship of men and women who have been affected by the gambling problem of a loved one. We know that living with the effects of a loved one's gambling can be too devastating to bear without help. Through Gam-Anon we find our way back to a normal way of thinking and living whether or not our loved ones continue to gamble.

SUPPORT GROUP DESCRIPTIONS

GRIEF SUPPORT GROUP

Designed to help grieving participants process the intense emotional suffering associated with the loss of a loved one. Strategies for coping with the normal emotional and physical effects of grief such as loss, anger, emptiness, depression, and exhaustion will help restore your stability and aid in recovery as you start to heal.

HHCI's Grief Support Group is an open group for adults of all backgrounds and denominations, where participants can attend as their need for support evolves.

HEARTS TRANSFORMED SUPPORT GROUP

A free, 16-week, faith-based support group for adult female survivors of childhood/adult sexual abuse, assault, or domestic violence. This dynamic group provides a safe place for survivors to heal and rebuild their lives. Topics include: Managing Stressors; Safety, Routine, and Control; Recovery; Rest, Relaxation, and Joy; Renewing Your Mind; Mindful of Grace; Managing Depression; and more.

MINDS TRANSFORMED SUPPORT GROUP

A free, 16-week, faith-based support group for those living with a serious mental health difficulty or disorder, such as Depression, OCD, and Schizophrenia. Topics include: Identity, Recovery, Medication, Safe and Healthy Relationships, Holistic Care, Cycles and Triggers, It's Not Your Fault, and more.

NAMI FAMILY SUPPORT GROUP

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

SUPPORT GROUP DESCRIPTIONS

NEW CANNON SOCIETY

NCS is a group for men who gather together to encourage each other in friendship and faith and to support each other to be better co-workers' husbands, fathers – and better men.

OA-HOW

OA HOW is a movement within Overeaters Anonymous whose basic principle is that abstinence is the only means to freedom from compulsive overeating and the beginning of a spiritual life. OA-HOW has been formed to offer the compulsive overeater a disciplined and structured approach. Meetings are dedicated to the concept of remaining honest, open-minded and willing to listen.

AL-ANON PARENTS GROUP

Al-Anon Parents Group is a supportive group for parents of sons and daughters of all ages who struggle with substance use disorders and other addictive behaviors. Grounded in the principles of Al-Anon and a 12-step recovery approach, the group focuses on healing and recovery for parents. Al-Anon Parents Group provides a safe, confidential space for parents to openly discuss the challenges of living with and responding to a child affected by addiction whether their child is actively using or in recovery. The purpose of the group is to support parents in addressing their own emotional needs, developing healthy boundaries, practicing self-care, and strengthening effective, compassionate parenting.

SEX AND LOVE ADDICTS ANONYMOUS (SLAA)

A program for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment.

SUPPORT GROUP DESCRIPTIONS

RAGEAHOLICS ANONYMOUS

Rageaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help each other recover from acting out in compulsive and destructive anger. The only requirement for membership is the desire to stop raging.

Rageaholics Anonymous is meeting hybrid during their normal Wednesday time. For information on accessing the meeting, please contact our office at 713-871-1004

RE:MIND (FORMERLY DBSA GREATER HOUSTON)

re:MIND provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. At the Hope and Healing Center, we currently offer an open support group on Tuesdays. re:MIND fosters support and connection through our free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. <https://www.remindsupport.org/>

SEX ADDICTS ANONYMOUS

Sex Addicts Anonymous is a fellowship of men who share their experience, strength, and hope so that they may find freedom from addictive sexual behavior and help others recover from sexual addiction. Membership is open to all who share a desire to stop addictive sexual behavior. There is no other requirement. Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our traditions remind us that each group has but one primary purpose- to carry its message to the sex addict who still suffers.