

# SUPPORT GROUPS



MEETING	DAY	TIME	FREQUENCY	MEETING LOCATION
Young Adult DBT Skills Class	Mon	10:00 AM	Weekly	201 – Fondren Family Room
Sage Al-Anon Family Group	Mon	12:00 PM	Virtual Weekly	Virtual (Previously 104 – New Life Meeting Rm)
Men's AA	Mon	12:00 PM	Weekly	103 – Montieth Conference Rm
Co-Ed SLAA (Sex and Love Addicts Anon)	Mon	12:00 PM	Weekly	HHCI Room 204
Young Adult DBT Skills Class	Mon	1:00 PM	Weekly	Auditorium
Alzheimer's Caregivers Support Group	Mon	3:00 PM	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	103 – Montieth Conference 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 Room 204
Women's AA Sage Piney Point	Tues	12:00 PM	Weekly	HHCI Room 204
Grief Support Group - Call for Details	Tues	5:45 PM	Virtual Only 2 <sup>nd</sup> Tuesday	Virtual (Previously Room 210)
Compassionate Friends Support Group	Tues	6:30 PM	Virtual Only 3 <sup>rd</sup> Tuesday	Virtual (Previously 103 – Montieth Conference Rm)
Frontotemporal Degeneration (FTD) Caregiver Support Group – Call for Details	Tues	7:00 PM	Virtual Only 4 <sup>th</sup> Tuesday	Virtual (Previously 103 – Montieth Conference Rm)
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 Support Group	Tues	7:30 PM	2 <sup>nd</sup> Tuesday	103 – Montieth Conference Rm
SAA (Sex Addicts Anonymous)	Wed	12:00 PM	Weekly	103 – Montieth Conference Rm
Grief Support Group	Wed	12:00 PM	Weekly	104-Montieth Conference Rm
Rageaholics Anonymous – Call for Details	Wed	12:00 PM	Virtual Only Weekly	Virtual (Previously Fondren Family Room)
Parents of Alcoholics	Wed	7:30 PM	Virtual Only Weekly	Virtual (Previously HHCI Room 204)
Men's AA	Thurs	12:00 PM	Weekly	Activity Center Upper Hall
<sup>1</sup> Minds Transformed (registration required)	Thurs	2:30 PM	Weekly	201 – Fondren Family Room
GRASP-Grief Support After a Substance Passing	Thurs	7:00 PM	1 <sup>st</sup> Thursday	103 – Montieth Conference Rm
Gambler's Anonymous	Thurs	7:00 PM	Weekly	104 – New Life Meeting Rm
Survivors of Suicide Loss (SOS) Central Houston	Thurs	7:00 PM	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday	103 – Montieth Conference Rm
Men's AA Step Up Meeting	Fri	12:00 PM	Weekly	103 – Montieth Conference Rm
COSA	Sun	6:00 PM	Weekly	SMEC Community Room
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](mailto: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.*

#### <sup>4</sup>Young Adult DBT Skills Class

A 9-week Dialectical Behavioral Therapy based course designed for people ages 18 – 35 who have a desire to learn to be more skillful.

*Topics include: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.*

**\*\*Support Groups are subject to change. Updated June 2022\*\***

