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| **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 | 1st & 3rd Monday | 104 - New Life Meeting Rm |
| 1 Hearts Transformed | Mon | 6:30 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 Rm 204 |
| Special Needs Parenting Support Group | Tues | 10:00 AM | 1st Tuesday | 104 – New Life Meeting Rm |
| Women’s AA | Tues | 12:00 PM | Weekly | Community Rm\* |
| Men’s AA | Tues | 11:45 AM | Weekly | 103 - Montieth Conference Rm |
| 1 Minds Transformed | Tues | 6:30 PM | Weekly | HHCI Rm 202 |
| Grief Support Group | Tues | 5:45 PM | 2nd& 4th 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 | 3rd Tuesday | 103 - Montieth Conference Rm |
| Frontotemporal Degeneration (FTD) Caregiver Support Group | Tues | 7:00 PM | 4th 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 | 2nd 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 |
| 1Families Transformed | Thurs | 6:30 PM | Starts Sept 19th | HCCI Rm 202 |
| Pregnancy Loss Support Group for Parents | Thurs | 7:00 PM | 3rd Thursday | 201 – Fondren Family Rm |
| GRASP-Grief Support After a Substance Passing | Thurs | 7:00 PM | 1st 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 | 7:45 PM | Weekly | Community Rm\* |

**SUPPORT GROUPS**

717 SAGE ROAD, HOUSTON TEXAS 77056 | p: 713-871-1004 | f: 713-439-1927 [WWW.HOPEANDHEALINGCENTER.ORG](http://www.hopeandhealingcenter.org/)

*\*\*Support Groups are subject to change. Updated September 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.

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