About Our Free and Confidential Support Groups:

To participate:
No prior registration or membership required for adult groups (18+ years old).
Adolescent groups available for individuals 13-17 years old. Must complete intake by calling 713.600.1131.

Our Support Groups:
- Led by trained and passionate facilitators.
- Provide a trusting environment of peers who understand and accept each other.
- Assist individuals with developing coping skills to live more meaningful and healthy lives.
- Professionally supervised, managed and monitored by licensed mental health professionals.
- Serve the Greater Houston area.

re:MIND does not provide diagnosis, therapy, medication or crisis services. If in crisis, call 911 or Harris Center Hotline 713.970.7000

re: MIND
PO Box 27607
Houston, Texas 77227
713.600.1131

For group updates, please visit our website: www.remindsupport.org
LIST OF re:MIND SUPPORT GROUPS

Free Support groups open to the Public- Complete Group List
(Revised 09/26/2017)

BAYTOWN
Baytown
Thursday- 6:30pm
St. Paul's Lutheran Church
712 Schilling Ave, 77520
(Parlor)

BRAESWOOD
Braswood
Monday- 7:00pm
Jewish Family Service, 4131 S. Braswood, 77025
/Library /

BUNKER HILL
Piney Point
Chapelwood UMC*
11140 Greenway, 77024
(Williams Bldg)
Adult
Tuesday- 7:00pm
(Rm 204)
Young Adult
(ages 19-30)
Tuesday- 7:00pm
(Rm 104)

CLEAR LAKE
Clear Lake
Clear Lake UMC*
16336 El Camino Real, 77062
Adult
Thursday- 7:00pm
(Flanders Bldg, 424)
Young Adult (Age 18-30)
Thursday- 7:00pm
(Flanders Bldg, 427)
Family and Friends
Thursday- 7:00pm
(Flanders Bldg, 424)
*Focus on family and friends
Saturday
Saturday- 01:00pm
(Youth Wing, RM 217)

COPPERFIELD
Copperfield
Tuesday- 7:00pm
West Houston Church of Christ
10100 West Rd., 77095 (Rm 204)

CYPRUS
Cypress
Sunday- 6:00pm
Cypress Bible Church
11711 Cypress N. Houston, 77429,
(Cabin B)

GALLERIA
Galleria
The Hope & Healing Center
(GPS Location)
5025 Riverway Dr., 77056
Family and Friends
Tuesday- 6:00pm
(Room 104)
*Focus on family and friends
Galleria
Wednesday- 7:00pm
(Room 104)

HEIGHTS
Heights
Thursday- 7:00pm
Resurrection Metropolitan Community Church
2025 W. 11th St., 77008
(Rm Gathering Place)

JERSEY VILLAGE
Northwest
Wednesday- 7:00pm
Foundry UMC*
8350 Jones Road, 77065
(Scout Bldg, Room 201)

KATY
Katy Adult
Tuesday- 7:00pm
St. Peters UMC*
20775 Kingsland Blvd, 77450
(Sanctuary Bldg, Rm S-209)
Women's Daytime Cinco Ranch
Friday-11:30am
UT Physicians - Cinco Ranch
23923 Cinco Ranch Blvd, 77494
(conference room)
*Open to females only
*Park in restaurant lot

KINGWOOD
KINGWOOD
Monday- 7:00pm
Kingwood UMC*
1789 Woodland Hills Dr,
77359, (Bldg C, RM: E-208)

MEDICAL CENTER
Medical Center
Monday- 7:00pm
St. Luke's Presbyterian
8915 Timberside Dr, 77025 (Rm 123)
Entrance @ Durhill

MISSOURI CITY
Missouri City
Thursday- 7:00pm
First UMC*
3900 Lexington Blvd, 77459
(Chapel Parlor)

MONTROSE
LGBT
401 Branard St, 77006
1st floor
LGBT Evening
Monday- 7:00pm
(Rm 112/113)
*Must be LGBT friendly
LGBT Daytime
Thursday- 11:00am (Rm 111)
*Must be LGBT friendly

MUSEUM DISTRICT
Museum District
Wednesday-7:00pm
P.E.E.R.S. for Hope House
5518 Jackson St, 77004
(Upstairs Meeting Room)
*Free street parking

PASADENA
Pasadena
Wednesday- 7:00pm
Asbury UMC*
5354 Space Center Blvd, 77505,
(Main Building,Room 2)
PEARLAND

Pearland
Wednesday- 7:00pm
First UMC*, Pearland
2314 N. Grand Blvd., 77581
(Bethel Building, Room 200)

RICHMOND

Richmond
Tuesday- 7:00pm
First Baptist Church
502 South 5th Street, 77469
(Parlor Room)

RIVER OAKS

Adolescent Group
(ages 13-17)
Thursday- 7:00pm
Central Houston
Must have prior approval
Call 713-600-1131.
* 1 hr group
Inner Loop
Thursday- 7:00pm
St. Luke’s UMC*
3471 Westheimer, 77027
(Chapel Parlor)

River Oaks Saturday
Saturday - 10:00am
St. John the Divine Episcopal
2450 River Oaks Blvd, 77019
(Room L21)

SHARPSTOWN

Southwest
Tuesday- 7:00pm
St. Luke’s UMC*
6856 Bellaire Blvd, 77074
(Room 1304)

SPRING

1960 Evening
Thursday- 7:30pm
Bammel Church of Christ
2700 Cypress Creek Pkwy, 77068
(Ministry Building)

SUGAR LAND

Sugar Land
Tuesday- 7:00pm
Christ Church Sugar Land
3300 Austin Pkwy, 77479
(Family Life Ctr, RM 312)

WESTCHASE

Westchase Daytime
Wednesday- 12:00pm
First Methodist Westchase
3693 Westcenter Dr, 77042
(Youth Building, Room 114)

WEST UNIVERSITY

West University
Tuesday- 11:00am
West Univ. Community Ctr
6104 Auden, 77005
(Meeting Room)
* 1 hr group

Women’s Daytime West University
Friday- 12:00pm
West Univ. Community Ctr
6104 Auden, 77005
(Meeting Room)
* Open to females only

THE WOODLANDS

The Woodlands
Christ Church United Methodist
6363 Research Forest Drive, 77381
The Woodlands Daytime
Tuesday- 11:00am
(Rm S112)
The Woodlands Evening
Tuesday- 7:30pm
(Room 114/115)

The groups listed directly below are not open to the public. These groups are only open to those who are currently being served by these organizations.

Academy of Choice
Chavez High School
Covenant House Texas
The Gathering Place
Hastings High School
Heights High School
Kashmere High School
Key Middle School
KIPP Courage
Lamar High School
Milby High School
Sam Houston MSTC
South Houston High School
Spring Woods Middle School
The Woman’s Home
Wattrip High School
Weathly High School

* UMC* = United Methodist Church

* All groups are 1.5 hours unless otherwise noted

* All groups are open to family and friends

List of Support Groups
Check remindsupport.org for the most up to date information or call the office at 713.600.1131 during business hours.