

Our Support Groups

re:
MIND

DEPRESSION & BIPOLAR SUPPORT



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.

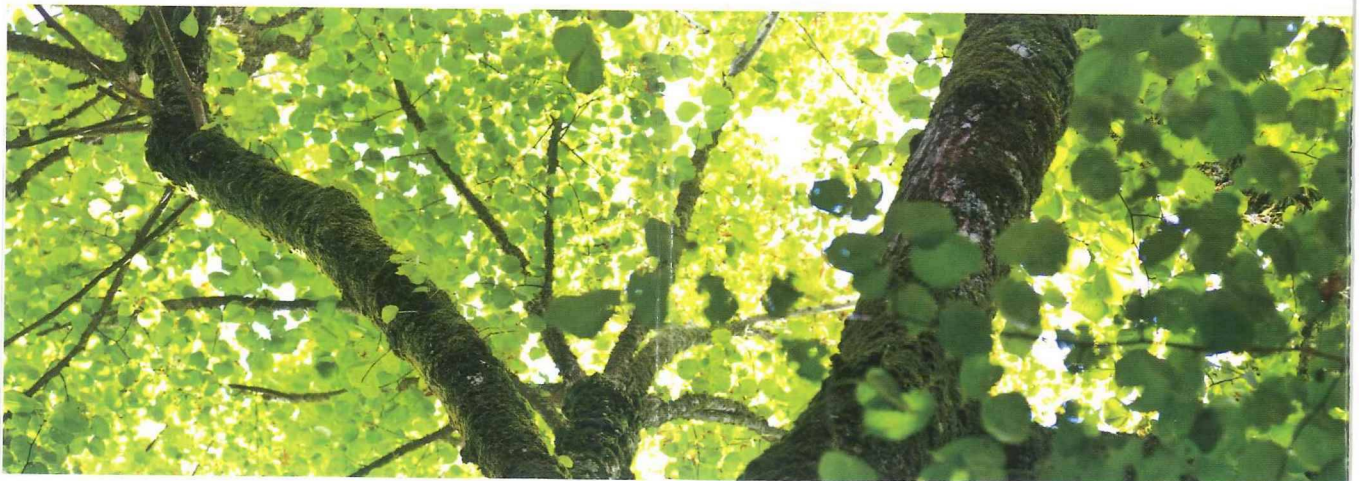


re:MIND does not provide diagnosis, therapy, medication or crisis services. **If in crisis, call 911 or Harris Center Hotline 713.970.7000**

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, 77020
(Parlor)

BRAESWOOD

Braeswood

Monday- 7:00pm
Jewish Family Service.
4131 S. Braeswood, 77025
(Library)

BUNKER HILL

Piney Point

Chapelwood UMC*
11140 Greenbay, 77024
(Williams Bldg)

Adult

Tuesday- 7:00pm
(Rm 204)

Young Adult

(ages 18-30)
Tuesday- 7:00pm
(Rm 104)

CLEAR LAKE

Clear Lake

Clear Lake UMC*
16336 El Camino Real, 77062

Adult

Thursday- 7:00pm
(Flanders Bldg, 425)

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)

CYPRESS

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*
1799 Woodland Hills Dr,
77339, (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)

MONROSE

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
(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
3663 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)

re: MIND

DEPRESSION & BIPOLAR SUPPORT



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 Women's Home
Waltrip High School
Wheatley 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