

LIST OF re:MIND  
SUPPORT GROUPS

Free support groups open to the  
Public - Complete Group List  
(Revised 04/10/24)

Community Program  
(in-person)

CLEAR LAKE

**Clear Lake Adult**  
Monday - 7:00pm  
Webster Presbyterian Church  
201 W. NASA Parkway, 77598  
(Bouton Building Library/Rm 105)

GALLERIA

**Galleria**  
Tuesday – 7:00pm  
The Hope & Healing Center  
(GPS Location)  
5025 Riverway Dr., 77056  
(Room 104 and The Green Room)

HEIGHTS

**Heights**  
Friday – 12:00pm  
Resurrection Metropolitan Community  
Church  
2025 W. 11th St., 77008  
(The Gathering Place  
and The Bookstore)

KATY

**Katy**  
Thursday – 7:00pm  
St. Peters UMC  
20775 Kingsland Blvd., 77450  
(Rooms s209; s205)

KINGWOOD

**Kingwood**  
Monday – 7:00pm  
Kingwood UMC  
1799 Woodlands Hills Dr., 77339  
(Building K Rm 105, Fellowship Hall)

LGBTQIA+

**LGBTQIA+ Evening**  
Tuesday – 7:00pm  
The Montrose Center  
401 Branard St., 77006  
(Rooms 114)

*\*Must be LGBT friendly*

MISSOURI CITY

**Missouri City**  
Monday – 7:00pm  
FUMC Missouri City  
3900 Lexington Blvd., 77459  
(The Parlor)

NORTHWEST

**Northwest**  
Sunday – 5:00pm  
Foundry UMC  
8350 Jones Road, 77065  
(Scout Building/Acton Academy)

PASADENA

**Pasadena**  
Friday - 7:00pm  
Asbury UMC  
5354 Space Center Blvd, 77505  
(Classroom 3; WOW Room)

PINEY POINT

**Piney Point Adult**  
Tuesday - 7:00pm  
Chapelwood UMC  
11140 Greenbay St, 77024  
(Williams Building; Rooms W103/104)

RICHMOND

**Richmond**  
Thursday - 7:00pm  
First Baptist Church  
502 South 5<sup>th</sup> Street, 77469  
(Fellowship Hall)

RIVER OAKS

**River Oaks Saturday**  
Saturday - 10:00am  
St. John the Divine Episcopal  
2450 River Oaks Blvd, 77019  
(Rooms 201 & 203)

SENIORS

**Seniors**  
Wednesdays - 11:30am  
Thomas A. Glazier Senior Education  
Center  
16600 Pine Forest Lane, 77084  
(Room 1; free center registration  
required)

SPRING

**1960 Evening**  
Thursday - 7:00pm  
Bammel Church of Christ  
2700 Cypress Creek Pkwy, 77068  
(Ministry Building; Room 104/105)

SUGAR LAND

**Sugar Land**  
Thursday – 7:00pm  
Christ Church Sugar Land  
3300 Austin Pkwy, 77479  
(2<sup>nd</sup> Floor Education Building,  
Rooms 202)

WESTCHASE

**Westchase Daytime**  
Wednesday – 12:00pm  
Tracy Gee Community Center  
3599 Westcenter Dr., 77042  
(Rooms 110B)

THE WOODLANDS

**The Woodlands Daytime**  
Tuesday - 11:00am  
Christ Church United Methodist  
6363 Research Forest Drive, 77381  
(Room S111 and S112)

**The Woodlands Evening**

Tuesday – 7:00pm  
Christ Church United Methodist  
6363 Research Forest Drive, 77381  
(Rooms S111 and S112)

Online Program

ADULT

**Fort Bend Daytime**  
Monday – 11:00am

**Fort Bend Evening**

Wednesday – 5:30pm

**Friday Daytime**

Friday – 11:00am

**Sunday**

Sunday – 5:00pm

**Thursday Evening**

Thursday – 6:00pm

**Tuesday Daytime**

Tuesday – 12:00pm

**Tuesday Evening**

Tuesday – 7:00pm

FAMILY AND FRIENDS

**Family and Friends**  
Saturday – 11:00am

LGBTQIA+

**LGBTQIA+ Daytime**  
Wednesday – 11:00am

**LGBTQIA+ Evening**

Sunday – 7:00pm

*\*Must be LGBT friendly*

SPANISH SPEAKING

**Spanish Speaking**  
Tuesdays – 7:30pm

*\*Spanish speaking only*

WOMEN’S

**Women’s**  
Monday – 5:30pm

*\*Open to females only*

VETERANS

**Veterans**  
Monday – 12:30pm

*\*veterans focused*

YOUNG ADULT

**Young Adult (ages 18-30)**  
Wednesday – 7:00pm



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.

Bailey Middle School  
Dekany High School  
Hastings High School  
Heights High School  
Marshall High School  
Milby High School  
Nimitz Ninth Grade Center  
Spring Branch DAEP School  
Spring High School  
Stratford High School  
The Gathering Place  
The Women’s Home

• All groups are 1.5 hour unless  
otherwise noted

• All groups are open to family and  
friends

• UMC=United Methodist Church

Check [remindsupport.org](https://remindsupport.org) for the  
most up to date information  
or call the office at 713.600.1131  
during business hours.