

## LIST OF re:MIND SUPPORT GROUPS

Free support groups open to the Public - Complete Group List (Revised 10/12/23)

### 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 204; 205)

#### KINGWOOD

##### Kingwood

Monday - 7:00pm  
Kingwood UMC  
1799 Woodlands Hills Dr., 77339  
(Building K Rooms 105, 106)

#### LGBTQIA+

##### LGBTQIA+ Evening

Tuesday - 6:30pm  
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

Friday - 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 208 and 209)

#### WESTCHASE

##### Westchase Daytime

Wednesday - 12:00pm  
Tracy Gee Community Center  
3599 Westcenter Dr., 77042  
(Rooms S111 and S112)

#### 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

Thursday - 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

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.

Bailey Middle School  
Hastings High School  
Heights 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.