

## LIST OF re:MIND SUPPORT GROUPS

Free support groups open to the Public - Complete Group List (Revised 03/08/22)

### Community (in-person) Support Groups

#### GALLERIA

**Galleria**  
Tuesday – 7pm  
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)

#### KINGWOOD

**Kingwood**  
Monday – 07:00pm  
Kingwood UMC  
1799 Woodlands Hills Dr.  
(Rooms E205; 206)

#### NORTHWEST

**Northwest**  
Sunday – 05:00pm  
Foundry UMC  
8350 Jones Road, 77065  
(Scout Building/Acton Academy)

#### PINEY POINT

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

#### RIVER OAKS

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

#### 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)

#### THE WOODLANDS

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

### Online Support Groups

#### ADULT

**Daytime A**  
Friday – 11:00am

**Daytime B**  
Thursday – 10:00am

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

**Sunday A**  
Sunday – 5:00pm

**Sunday B**  
Sunday – 5:00pm

**Evening A**  
Tuesday – 7:00pm

**Evening B**  
Thursday – 6:00pm

**Evening C**  
Tuesday – 7:00pm

**Fort Bend Evening A**  
Monday – 7:00pm

**Fort Bend Evening B**  
Tuesday – 5:30pm  
\*75 minutes

#### FAMILY AND FRIENDS

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

**Fort Bend Family and Friends**  
Wednesday – 5:30pm

#### LGBTQIA+

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

**LGBTQIA+ Evening**  
Thursday – 7:00pm

\*Must be LGBT friendly

#### WOMEN'S

**Women's A**  
Monday – 5:30pm  
\*75 minutes

**Women's B**  
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.

Academy of Choice  
Fonville Middle School  
Hastings High School  
Heights High School  
Lone Star College – Kingwood  
Milby High School  
Nimitz Ninth Grade Center  
The Gathering Place

• All online 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.