

LIST OF re:MIND SUPPORT GROUPS

Free Support groups open to the Public- Complete Group List (Revised 10/25/2018)

BARKER CYPRESS

Seniors

Monday– 11:00am
Thomas A. Glazier Senior Education Center
16600 Pine Forest Lane, 77084 (Room 1)
** free senior center registration required*

BRAESWOOD

Braeswood

Monday– 7:00pm
Jewish Family Service.
4131 S. Braeswood, 77025 (First Floor Conference Room)
**buzz for entry at gate and door*

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

Webster Presbyterian Church
201 W. NASA Parkway, 77598

Adult

Thursday– 7:00pm
(Bouton Building Library)

Young Adult (Age 18-30)

Thursday– 7:00pm
(Bouton Building Library)

Family and Friends

Thursday– 7:00pm
(Bouton Building Rm 101)
**Focus on family and friends*

COPPERFIELD

Copperfield

Tuesday- 7:00pm
West Houston Church of Christ
10100 West Rd., 77095 (Library)

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
(Second Floor Worship Arts Room)

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)

Cinco Ranch Daytime

Friday-11:30am
UT Physicians - Cinco Ranch
23923 Cinco Ranch Blvd, 77494
(Conference Room)

**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)

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 113)
**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

Thursday– 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 Daytime

Tuesday– 11:00am
St. Luke's UMC*
3471 Westheimer, 77027
(EN208)

Inner Loop Evening

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)

Women's Daytime River Oaks

Friday- 12:00pm
St. John the Divine Episcopal
2450 River Oaks Blvd, 77019
(L21)
**Open to females only*

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)

SPRING BRANCH

Korean Speaking

Tuesday- 6:30pm
Korean Community Ctr. of Houston
1809 Hollister St, 77080
(Library)

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
Tracy Gee Community Center
3599 Westcenter Dr., 77042
(Room 110-B)

THE WOODLANDS

The Woodlands

Christ Church United
Methodist
6363 Research Forest Drive, 77381
The Woodlands Daytime

Tuesday-11:00 am
(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
Booker T. Washington High School
Covenant House Texas
Cullen Middle School
The Gathering Place
Hastings High School
Heights High School
Houston ISD DAEP
Key Middle School
Lamar High School
Memorial High School
Milby High School
Northbrook Middle School
Sam Houston MSTC
Sanchez Charter School
Spring Branch ISD DAEP High School
Spring Branch ISD DAEP Middle School
Spring Oaks Middle School
The Women's Home
Waltrip High School
Yes Prep – Northbrook 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