

LIST OF re:MIND ONLINE SUPPORT GROUPS

*Free online support groups open to
the Public - Complete Online Group
List (Revised 06/03/2020)*

ADULT - EVENING

Evening A

Tuesday – 7:00pm

Evening B

Thursday – 6:00pm

Fort Bend Evening A

Monday – 7:00pm

Fort Bend Evening B

Tuesday – 5:30pm

ADULT – DAYTIME

Daytime

Friday – 11:00am

Fort Bend Daytime

Monday – 11:00am

ADOLESCENT

(coming soon)

Adolescent

Saturday – 1:00pm

Fort Bend Adolescent

Thursday – 4:30pm

(Ages 13-17)

Must have prior approval

Call 713-600-1131 or

Email info@remindsupport.org

FAMILY AND FRIENDS

Fort Bend Family and Friends

Wednesday – 5:30pm

LGBTQIA+

LGBTQIA+

Thursday – 7:30pm

*Must be LGBT friendly

YOUNG ADULT

Young Adult (ages 18-30)

Wednesday – 7:00pm

re:
MIND

DEPRESSION & BIPOLAR SUPPORT



- All groups are 1.0 hour unless otherwise noted
- All groups are open to family and friends

Check remindsupport.org for the
most up to date information
or call the office at 713.600.1131
during business hours.