

## LIST OF re:MIND SUPPORT GROUPS

*Free support groups open to the  
Public - Complete Group List  
(Revised 09/08/2021)*

### 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)

#### 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**  
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 – 12:30am

*\*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.

*The Gathering Place*

• All online groups are 1.5 hour unless  
otherwise noted

• All groups are open to family and  
friends

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