

LIST OF re:MIND SUPPORT GROUPS

*Free support groups open to the
Public - Complete Group List
(Revised 10/28/24)*

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 s209; s205)

KINGWOOD

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

LGBTQIA+

LGBTQIA+ Evening
Tuesday - 7:00pm
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
Wednesday - 7:00pm
Hope Fort Bend Clubhouse
912 S 6th Street, 77469
(CCC Building)

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
(2nd Floor Education Building,
Room 202)

WESTCHASE

Westchase Daytime
Wednesday - 12:00pm
Tracy Gee Community Center
3599 Westcenter Dr., 77042
(Rooms 110B)

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 Evening
Wednesday - 5:30pm

Friday Daytime
Friday - 11:00am

Friday Evening
Friday - 7:00pm

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

**Must be LGBT friendly*

WOMEN'S

Women's
Monday - 5:30pm

**Open to females only*

YOUNG ADULT

Young Adult (ages 18-30)
Monday - 7:30pm

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.

Dekany High School
Hastings High School
LSC-Tomball
Milby High School
Spring High School
Sunrise Center Mission Milby
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 for the most up to date information or call the office at 713.600.1131 during business hours.