

LIST OF re:MIND SUPPORT GROUPS

Free support groups open to the Public - Complete Group List (Revised 12/30/22)

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 204; 205)

KINGWOOD

Kingwood

Monday – 7:00pm
Kingwood UMC
1799 Woodlands Hills Dr., 77339
(Building K Rooms 105, 106)

LGBTQIA+

LGBTQIA+ Evening

Monday – 5:30pm
The Montrose Center
401 Branard St., 77006
(Rooms 112/113)

**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

Friday - 7:00pm
First Baptist Church
502 South 5th Street, 77469
(Fellowship Hall)

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, Rooms 208 and 209)

WESTCHASE

Westchase Daytime

Wednesday – 12:00pm
Tracy Gee Community Center
3599 Westcenter Dr., 77042
(Rooms S111 and S112)

THE WOODLANDS

The Woodlands Daytime

Tuesday - 11:00am
Christ Church United Methodist
6363 Research Forest Drive, 77381
(Room 110-B)

The Woodlands Evening

Tuesday – 7:00pm
Christ Church United Methodist
6363 Research Forest Drive, 77381
(Rooms S111 and S112)

Online Program

ADULT

Fort Bend Daytime

Monday – 11:00am

Fort Bend Evening

Tuesdays – 5:30pm

Friday Daytime

Friday – 11:00am

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

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

Monday – 5:30pm

**Open to females only*

VETERANS

Veterans

Monday – 12:30pm

**veterans focused*

YOUNG ADULT

Young Adult (ages 18-30)

Wednesday – 7:00pm

Youth Program

Adolescent Online

Thursday – 5:30pm

Adolescent (in-person)

Saturday – 1:30pm

**Intake required*

**1 hour groups*

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.

Deady Middle School
Dueitt Middle School
Eisenhower 9th Grade School
Hastings High School
Heights High School
McReynolds Middle School
Milby High School
Nimitz Ninth Grade Center
Spring Branch DAEP School
Spring High School
Waltrip High School
Westfield 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.