

LIST OF re:MIND ONLINE SUPPORT GROUPS

Free online support groups open to the Public - Complete Online Group List (Revised 03/04/2021)

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

Fort Bend Evening A

Monday – 7:00pm

Fort Bend Evening B

Tuesday – 5:30pm

FAMILY AND FRIENDS

Family and Friends

Saturday – 11:00am

Fort Bend Family and Friends

Wednesday – 5:30pm

ADOLESCENT

Adolescent (ages 13-17)

Tuesday – 4:00pm

Fort Bend Adolescent (ages 13-17)

Thursday – 4:30pm

(coming soon)

Must have prior approval

Call 713-600-1131 or

Email info@remindsupport.org

LGBTQIA+

LGBTQIA+ Daytime

Wednesday – 11:00am

*Must be LGBT friendly

LGBTQIA+ Evening

Thursday – 7:30pm

*Must be LGBT friendly

WOMEN'S

Women's

Monday – 5:30pm

*Open to females only

YOUNG ADULT

Young Adult (ages 18-30)

Wednesday – 7:00pm

SPANISH SPEAKING

NEW

Spanish Speaking

Thursday – 11:30am

(starting on 3/18/2021)

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.

Heights High School

Milby High School

Wisdom High School

- All online 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.