

San Antonio Peer Support Groups (Non Faith)
Support Groups for people with a mental health diagnosis

<p>NAMI Connections (led by trained mentors) Meets every Wednesday from 10:30 am-12:00 pm San Antonio Clubhouse, 6851 Citizens Pkwy 2nd Floor in the Connection Center, San Antonio 78229 Contact: Kiley Clark (830) 484-7403 Email: kiley@saclubhouse.org</p>	<p>NAMI Connections (led by trained mentors) Meets every Thursday from 6:30-8:00 pm 8109 Fredericksburg Rd (Methodist Healthcare System) 2nd floor, Rm D, San Antonio 78229 Contact: NAMI Leader (210) 734-3349 Email: verna.l@nami-sat.org</p>
<p>Depression & Bipolar Support Alliance Meets every Monday from 7:00-9:00 pm 6851 Citizens Parkway, San Antonio 78229 Contact: Kathy Franklin (210) 945-0689 Email: mvksf@sbcglobal.net</p>	<p>Anxiety Support Group Meets every Tuesday from 10:00 am-11:30 am Alamo Heights United Methodist Church West Bldg. Rm. 103 825 E. Basse Rd. San Antonio 78209 Contact: Tom Kane (210) 317-7083 Email: tomkane@pollevkane.com</p>
<p>Grace After Fire (Women's Veterans) Meets every 4th Tuesday from 10:30 am-12:30 pm Hays County Historical Courthouse 111 E San Antonio St, San Marcos 78666 Contact: Laly Cholak (210) 247-7662</p>	<p>Grace After Fire (Women's Veterans) Meets every 2nd Tuesday from 10:30 am-12:30 pm Episcopal Diocese of West Texas 111 Torcido Dr, Alamo Heights 78209 Contact: Laly Cholak (210) 247-7662</p>
<p>Grace After Fire (Women's Veterans) Meets every 2nd Saturday 10:30am-12:00pm Schertz Public Library 798 Schertz Pkwy, Schertz 78154 Contact: Laly Cholak (210) 247-7662</p>	<p>Recovery (Anxiety, Panic, Phobias) Meets every Wednesday from 7:00-8:30 pm The Ecumenical Center 8310 Ewing Halsell Dr, San Antonio 78229 Contacts: Patricia Klar (210) 655-6875 Email: jklar@satx.rr.com</p>

San Antonio Faith-based Mental Health Peer Support Groups
Support Groups for people with a mental health diagnosis

<p><u>Community Bible Church-Living Grace Group</u> <u>Mental Health Grace Alliance Curriculum</u> A support group for those living with any type of mental health disorder <i>Summer, Fall & Spring semesters offered</i> Meets Tuesdays from 6:30-8:00 pm Community Bible Church 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org Spring, Summer, Fall sessions</p>	<p><u>Community Bible Church-Living Hope Group for PTSD</u> <u>Mental Health Grace Alliance Curriculum</u> A support group for PTSD or anyone dealing with issues involved in recovery from exposure to severe trauma <i>Summer, Fall & Spring semesters offered</i> Meets Tuesdays from 6:30-8:00 pm Community Bible Church 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org Spring, Summer, Fall sessions</p>
<p><u>Community Bible Church</u> <u>Faith-based Curriculum</u> <i>Anxiety "Anxious for Nothing"</i> Meets Tuesday at 6:30-8:00pm 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org Register for Spring 2020</p>	<p><u>Community Bible Church</u> <u>Faith-based Curriculum</u> <i>Boundaries-When to say "Changes That Heal"</i> Meets Tuesdays from 6:30-8:30pm 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org Please visit communitybible.com (search support groups) Spring, Summer, Fall sessions</p>
<p><u>Community Bible Church</u> <u>Faith-based Curriculum</u> <i>Grief Share (surviving the death of a loved one)</i> Meets Tuesdays at 6:30-8:00pm 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org Please visit www.griefshare.org for citywide locations Spring, Summer, Fall sessions</p>	<p><u>Faith Outreach Center</u> <u>Faith-based Curriculum</u> <i>Kingdom Men</i> Meets the 1st, 2nd & 3rd Mondays of the month From 7:00-8:30 pm 3806 Sunshine Ranch Rd, San Antonio 78228 Contact: Anthony Walker, Pastor (210) 734-7423 Email: awalker@faith-outreach.org</p>
<p><u>MacArthur Park Church of Christ-Living Grace Group</u> <u>Mental Health Grace Alliance Curriculum</u> Meets the 1st & 3rd Tuesday from 7:00pm – 8:00pm 1907 NE Interstate Loop 410, San Antonio 78217 Use Office Entrance C Contact: Doug/Laurie Brown (210) 844-8728 Email: dbrown@macarthurchurch.org</p>	<p><u>Travis Park United Methodist Church</u> <u>Prayer Picnic</u> Homeless and addicts Meets every Wednesday at 6:00 pm 230 E Travis St, San Antonio 78205 Contact: Lori Chidgey/ UMC (210) 226-8341 info@travispark.org</p>
<p><u>St. Timothy Catholic Church -Bilingual</u> <u>Mental Health Support Group- Families welcomed</u> Meets every 3rd Tuesday from 6:30-8 pm 1515 Saltillo St, San Antonio 78207 Contact: Sylvia Luna (210) 393-3664 Email: Sylvia@wcfff.net</p>	

San Antonio Faith-based Mental Health Family Support Groups
Support Groups for people with a loved one with a mental health diagnosis

Alamo Heights United Methodist Church
Faith-based Mental Health Support Group
Meets 3rd Thursday from 9:00-11:00 am
825 E Basse Rd, Rm W105, Alamo Heights 78209
Contacts: Ed & Jackie Dickey (210) 602-2483
Email: jedickey68@gmail.com

Community Bible Church-Family Grace Group
Mental Health Grace Alliance Curriculum
Meets Tuesdays from 6:30-8:00 pm
2477 N Loop 1604 East, San Antonio 78232
Contact: Denise Espino (210) 253-5971
Email: despino@cbcmail.org
Spring, Summer, Fall

Community Bible Church
Boundaries- "Changes That Heal"
Faith-based Curriculum
Meets Tuesdays from 6:30-8:30 pm
2477 N Loop 1604 East, San Antonio 78232
Contact: Denise Espino (210) 253-5971
Email: despino@cbcmail.org
Spring, Summer, Fall sessions

First Baptist Church (Universal City)
Faith-based Mental Health Support Group
Meets 3rd Tuesday from 7:00 – 8:00pm
1401 Pat Booker Rd, Universal City 78148
Rm. Praise 102
Contact: Scott and Donna Bass (210) 241-1384
Email: sbelvins@fbcuc.org

First Presbyterian Church Support Group
Mental Health Grace Alliance Curriculum
Meets 1st & 3rd Tuesday from 6:30-8:00 pm
404 N Alamo St, Rm 300, San Antonio 78205
Contact: Doug Beach (210) 602-5733
Email: dougbeach7897@ymail.com

Northside Community Church
Mental Health Grace Alliance
Meets 3rd & 5th Wednesdays from 6:30-8:00 pm
Call contact for directions
Contact: Sylvia Gomez (210) 535-1516
Email: maria.sylvia7@gmail.com

MacArthur Park Church of Christ
Mental Health Grace Alliance Curriculum
Meets the 1st & 3rd Tuesday from 7:00-8:00pm
1907 NE Interstate Loop 410, San Antonio 78217
Use Office Entrance C
Contact: Douglas/Laurie Brown (210) 844-8728
Email: dbrown@macarthurchurch.org

St. Brigid's Catholic Church- Bilingual
Faith-based Curriculum
Meets every 3rd Saturday 10:00 am-12:00 pm
Except in August & December
6907 Kitchener St, San Antonio 78240
McKenna Building, Rm 203
Contact: Carmen Ortiz (210) 521-9161
Contact: Rose Marie Falduto (210) 414-8092
Email: rosefalduto63@gmail.com

St. Peter the Apostle Catholic Church
Mental Health Grace Alliance Curriculum
202 W. Kronkosky St, Rm 164, Boerne 78006
Meets the 1st and 3rd Thursday from 6:30-8:30 pm
Contact: Don and Mary O' Connor (830) 368-4112
Email: fflaagg37@msn.com

Oakwood Baptist Church/ New Braunfels, Texas
Mental Health Grace Alliance Curriculum
Register by calling:
Oakwood Counseling Center at 830-627-7006
Wednesday 6:00pm -7:30pm
Childcare provided
5:00pm a meal is served for \$3 for anyone attending

San Antonio Family Support Groups (Non Faith)
Support Groups for people who lost a loved one

Survivors of Loved One's Suicide (18 and older)
Meets every 1st & 3rd Wednesday from 7:00-8:30 pm
The Ecumenical Center
8310 Ewing Halsell Dr, San Antonio 78229
Contact: Tony Mata (210) 885-7069
Email: Tony_B_Mata@hotmail.com