

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 700-8:30 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>	