

San Antonio Faith-based Mental Health Family Support Groups

Support Groups for people with a loved one with a mental health diagnosis

<p>Alamo Heights United Methodist Church <u>Faith-based Mental Health Support Group</u> Meets 3rd Thursday from 9:00-11:00 am 825 E Basse Rd, Rm W105, Alamo Hgts 78209 Contacts: Ed & Jackie Dickey (210) 602-2483 Email: jedickey68@gmail.com</p>		<p>Community Bible Church-Family Grace Group <u>Mental Health Grace Alliance Curriculum</u> 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 Please visit communitybible.com (search support groups)</p>
<p>Community Bible Church <i>Boundaries-When to say "yes" and how to say "no"</i> <u>Faith-based Curriculum</u> Meets Tuesdays from 6:30-8:30 pm 2477 N Loop 1604 East, San Antonio 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org <i>Can register for Classes starting in January 2019 in Dec.</i></p>		<p>First Baptist Church (Universal City) <u>Faith-based Mental Health Support Group</u> 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</p>
<p>First Presbyterian Church Support Group <u>Mental Health Grace Alliance Curriculum</u> 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</p>		<p>Oak Hills Church (Crown Ridge area) <u>Mental Health Grace Alliance Curriculum</u> Meets 2nd & 4th Thursday from 6:30-8:00 pm Call contact for directions Contact: Verna Lister (210) 838-1945 Email: verna.l@nami-sat.org</p>
<p>MacArthur Park Church of Christ <u>Mental Health Grace Alliance Curriculum</u> Meets every Tuesday from 6:30-8:00 pm 1907 NE Interstate Loop 410, San Antonio 78217 Use Office Entrance C Contact: Douglas/Laurie Brown (210) 844-8728 Email: dbrown@macarthurchurch.org</p>		<p>St. Brigid's Catholic Church- Bilingual <u>Faith-based Curriculum</u> 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</p>
<p>St. Peter the Apostle Catholic Church <u>Mental Health Grace Alliance Curriculum</u> 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: ffllaagg37@msn.com</p>		<p>Oakwood Baptist Church/ New Braunfels, Texas <u>Mental Health Grace Alliance Curriculum</u> 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</p>
<h2 style="text-align: center;">San Antonio Family Support Groups (Non Faith)</h2> <p style="text-align: center;"><i>Support Groups for people with a loved one with a mental health diagnosis</i></p>		

San Antonio Faith-based Mental Health Peer Support Groups

Support Groups for people with a mental health diagnosis

<p><i>Community Bible Church-Living Grace Group</i> <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 Please visit communitybible.com (search support groups)</p>		<p><i>Community Bible Church-Living Hope Group for PTSD</i> <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 Please visit communitybible.com (search support groups)</p>
<p><i>Community Bible Church</i> <u>Faith-based Curriculum</u> <i>Anxiety "Fearless"</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 <i>Can register for Classes starting in January 2019 in Dec.</i></p>		<p><i>Community Bible Church</i> <u>Faith-based Curriculum</u> <i>Boundaries-When to say "yes" and how to say "no"</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) <i>Can register for Classes starting in January 2019 in Dec.</i></p>
<p><i>Community Bible Church</i> <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.greifshare.org for citywide locations <i>Can register for Classes starting in January 2019 in Dec.</i></p>		<p><i>Faith Outreach Center</i> <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><i>MacArthur Park Church of Christ-Living Grace Group</i> <u>Mental Health Grace Alliance Curriculum</u> Meets every Tuesday from 6:30-8:00 pm 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><i>Travis Park United Methodist Church</i> <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><i>St. Timothy Catholic Church -Bilingual</i> <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 Peer Support Groups (Non Faith)
Support Groups for people with a mental health diagnosis

<p>NAMI Connections (led by trained mentors) Meets every Tuesday from 6:30-8:00 pm First Presbyterian Church, 404 North Alamo St 3rd Floor, Rm 309, San Antonio 78205 Contact: Verna Lister (210) 734-3349, ext 3 Email: verna.l@nami-sat.org</p>		<p>NAMI Connections (led by trained mentors) Meets every Wednesday from 4:30-6:00 pm San Antonio Clubhouse, 6851 Citizens Pkwy 2nd Floor in the Connection Center, San Antonio 78229 Contact: Kiley Clark (830) 446-2725 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>Anxiety Support Group Meets every Tuesday from 10:00 am-12:00 pm The Village at Incarnate Word 4707 Broadway St, San Antonio 78209 Contact: Tom Kane (830) 216-4264 Patricia Klar (210) 655-6875 Email: tomkane@polleykane.com jklar@satx.rr.com</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>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 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 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 Tom Kane (830) 216-4264 Email: jklar@satx.rr.com tomkane@polleykane.com</p>		