## 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 every 3rd Thursday from 9-11 am
- 825 E Basse Road, Room W105
- Contact: Ed & Jackie Dickey (210) 602-2483
- Email: jedickey68@gmail.com

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

### First Baptist Church (Universal City)
**Faith-based Mental Health Support Group (msg)**
- Meets every 3rd Tuesday from 7 pm to 8:30 pm
- 1401 Pat Booker Road, Universal City, 78148
- Contact: Scott Belvins (210) 658-6394
- Email: sbelvins@fbcuc.org

### First Presbyterian Church Support Group
**Mental Health Grace Alliance Curriculum**
- Meets 1st & 3rd Tuesday from 6:30 pm to 8 pm, Rm 300
- 404 N Alamo St.
- Contact: Doug Beach (210) 602-5733
- Email: Dougbeach7897@gmail.com

### Oak Hills Church (Crown Ridge area)
**Mental Health Grace Alliance Curriculum**
- Meets 2nd & 4th Tuesday from 6:30 pm to 8 pm,
- Call contact for directions
- Contact: Verna Lister (210) 838-1945
- Email: Education@nami-sat.org

### Palacio De Sol- Spanish Speaking
**Faith based Mental Health Support Group for Seniors**
- Meet every 2nd Saturday from 12:00pm to 2:00pm
- 400 N Frio St, (Entrance located from office building)
- Contact: Sylvia Luna (210) 393-3664.
- Email: Sylvia@weffe.net

### St. Brigid Catholic Church-Bilingual
**Faith-based Family Support Group-Prayer Reflection**
- Meets every 3rd Saturday from 10 am to 12 pm
- McKenna Building, Rm 203
- 6907 Kitchener St., San Antonio, 78240
- Contact: Carmen Ortiz (210) 521-9161
- Email: carmenortiz@earthlink.net

### St. Matthew Catholic Church
**Mental Health Grace Alliance Curriculum**
- Meets every 3rd Wednesday from 6:30 pm to 8 pm
- Room 105, 10703 Wurzbach Road, San Antonio, 78230
- Contact: Mary Ann Moquin (210) 296-6361
- Email: fbmentalhealth@gmail.com

### St. Mary Magdalen- Spanish Speaking
**3rd Tuesday of the month from 6:30-8:30 pm**
- 1st Saturday of the month from 10:00-12:00 noon
- Jubilee Hall (Pink Room)
- 1710 Clower St., San Antonio, TX, 78201, 210-735-5269
- Contact: Martha de la Garza (210) 269-0491
- Email: Martha9101@att.net

### MacArthur Park Church of Christ
**Mental Health Grace Alliance Curriculum**
- Meets every Tuesday from 6:30:8-00 pm
- 1907 NE Interstate Loop 410
- Use Office Entrance C
- Contact: Douglas/Laurie Brown (210) 844-8728
- Email:

## San Antonio Family Support Groups (Non Faith)

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

### Survivors of Loved One’s Suicide (18 and older)
- Meets every 1st & 3rd Wednesday from 7 to 8:30 pm
- 8310 Ewing Halsell Dr, The Ecumenical Center
- Contact: Tony Mata (210) 885-7069
- Email: Tony_B_Mata@hotmail.com
# San Antonio Faith-based Mental Health Peer Support Groups

Support Groups for people with a mental health diagnosis

<table>
<thead>
<tr>
<th>Community Bible Church-Living Grace Group</th>
<th>Community Bible Church-Living Hope Group for PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Grace Alliance Curriculum</td>
<td>Mental Health Grace Alliance Curriculum</td>
</tr>
<tr>
<td>A support group for those living with any type of mental health disorder</td>
<td>A support group for PTSD or anyone dealing with issues involved in recovery from exposure to severe trauma</td>
</tr>
<tr>
<td>Meets Thursdays from 6:30 pm to 8 pm</td>
<td>Meets Thursdays from 6:30 to 8:00 pm</td>
</tr>
<tr>
<td>Community Bible Church</td>
<td>Community Bible Church</td>
</tr>
<tr>
<td>2477 N Loop 1604 East, San Antonio, 78232</td>
<td>2477 N Loop 1604 East, San Antonio, 78232</td>
</tr>
<tr>
<td>Contact: Denise Espino (210) 253-5971</td>
<td>Contact: Denise Espino (210) 253-5971</td>
</tr>
<tr>
<td>Email: <a href="mailto:despino@chcmail.org">despino@chcmail.org</a></td>
<td>Email: <a href="mailto:despino@chcmail.org">despino@chcmail.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boundaries-When to say “yes” and how to say “no”</th>
<th>Grief Share (surviving the death of a loved one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faith-based Curriculum</td>
<td>Faith-based Curriculum</td>
</tr>
<tr>
<td>Meets Tuesdays at 7pm</td>
<td>Meets Tuesdays at 6:30, Thursdays 10 am</td>
</tr>
<tr>
<td>Community Bible Church</td>
<td>Community Bible Church</td>
</tr>
<tr>
<td>2477 N Loop 1604 East, San Antonio, 78232</td>
<td>2477 N Loop 1604 East, San Antonio, 78232</td>
</tr>
<tr>
<td>Contact: Denise Espino (210) 253-5971</td>
<td>Contact: Denise Espino (210) 253-5971</td>
</tr>
<tr>
<td>Email: <a href="mailto:despino@chcmail.org">despino@chcmail.org</a></td>
<td>Email: <a href="mailto:despino@chcmail.org">despino@chcmail.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Anxiety “Fearless”</th>
<th>Prayer Picnic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faith-based Curriculum</td>
<td>Homeless and addicts</td>
</tr>
<tr>
<td>Meets Thursday at 6:30</td>
<td>Meets every Wednesday at 6 pm</td>
</tr>
<tr>
<td>Community Bible Church</td>
<td>230 E. Travis St., Travis Park UMC</td>
</tr>
<tr>
<td>2477 N Loop 1604 East, San Antonio, 78232</td>
<td>Contact: Lori Chidgey UMC (210) 226-8341</td>
</tr>
<tr>
<td>Contact: Denise Espino (210) 253-5971</td>
<td>Email:</td>
</tr>
<tr>
<td>Email: <a href="mailto:despino@chcmail.org">despino@chcmail.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Identity-Manhood-Purpose (formerly incarcerated men only) Faith-based</th>
<th>PTSD Foundation of SA</th>
</tr>
</thead>
<tbody>
<tr>
<td>3806 Sunshine Ranch Road, San Antonio, TX 78228</td>
<td>Military Ministry based curriculum</td>
</tr>
<tr>
<td>Meets Monday from 7-8:30 at Faith Outreach Center</td>
<td>Every Thursday 7-8:30 pm</td>
</tr>
<tr>
<td>Contact: Anthony Walker, Pastor (210) 734-7423</td>
<td>14747 Jones Maltsberger, Bldg. 500 (Warm Springs</td>
</tr>
<tr>
<td>Email: <a href="mailto:awalker@faith-outreach.org">awalker@faith-outreach.org</a></td>
<td>Contact: Tom Clutts (281) 507-7253</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:Tom.clutts@ptsdusa.org">Tom.clutts@ptsdusa.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>St. Stephen Catholic Church-Bilingual</th>
<th>MacArthur Park Church of Christ-Living Grace Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Support Group- Families welcomed</td>
<td>Mental Health Grace Alliance Curriculum</td>
</tr>
<tr>
<td>Meets every 3rd Tuesday from 6:30 pm to 8 pm</td>
<td>Meets every Tuesday from 6:30-8:00 pm</td>
</tr>
<tr>
<td>2127 S. Zarzamora St., San Antonio, 78207</td>
<td>1907 NE Interstate Loop 410</td>
</tr>
<tr>
<td>Contact: Sylvia Luna (210) 393-3664</td>
<td>Use Office Entrance C</td>
</tr>
<tr>
<td>Email: <a href="mailto:Sylvia@wacff.net">Sylvia@wacff.net</a></td>
<td>Contact: Doug/Laurie Brown (210) 844-8728</td>
</tr>
<tr>
<td></td>
<td>Email:</td>
</tr>
</tbody>
</table>

P:\Meetings\Support Group Listing 1-2017.doc
### San Antonio Peer Support Groups (Non Faith)

**Support Groups for people with a mental health diagnosis**

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Meeting Time/Location</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| **NAMI Connections (led by trained mentors)** | Every Thursday from 6:30-8 pm  
8109 Fredericksburg Rd (Methodist Healthcare System)  
2nd floor, Rm D  
Contact: NAMI Leader (210) 734-3349  
Email: Education@nami-sat.org |                                                                                        |
| **Anxiety Support Group**          | Meets every Tuesday from 10am-12 pm  
The Village at Incarnate Word  
4707 Broadway St.  
Contact: Tom Kane (830) 216-4264  
Patricia Klar (210) 655-6875  
Email: tomkane@polleykane.com  
jklar@satx.rr.com |                                                                                        |
| **Recovery (Anxiety, Panic, Phobias)** | Every Wednesday from 7-9 pm  
8310 Ewing Halsell Dr, The Ecumenical Center  
Contacts: Patricia Klar (210) 655-6875  
Tom Kane (830) 216-4264  
Email: jklar@satx.rr.com |                                                                                        |
| **Family & Peer Support Group**    | Call for meeting times  
1139 Gembler Rd, Christian Community Center  
Contact: Albert Ryan (210) 551-8244  
Email: mbsofno@yahoo.com |                                                                                        |
| **Depression & Bipolar Support Alliance** | Alamo City Recovery  
Meets every Tuesday from 10:00-11:00 am  
5075 Rigsby, Whataburger  
Contact: Larry Forbrich (210) 262-2596  
Email: Larryforbrich@yahoo.com |                                                                                        |
| **Depression & Bipolar Support Alliance** | Meets every Saturday from 2-4 pm  
4623 Lord Rd St. Vincent DePaul//Conference  
Contact: Larry Forbrich (210) 262-2596  
Email: Larryforbrich@yahoo.com |                                                                                        |
| **Depression & Bipolar Support Alliance** | Every Friday 1:30-3:00 pm  
528 S. Polaris  
Contact: Debbie Martinez (210) 209-5402  
Email:                                                                                      |                                                                                        |
| **Grace After Fire (Women’s Veterans)** | The Veteran's Project  
Every 1st & 3rd Tuesday 12:30-2:00 pm  
6363 DeZavala  
Contact: Roberta Castaneda (210) 744-0642  
Laly Cholak (210) 247-7662  
Email: Roberta@graceafterfire.org  
laly@graceafterfire.org |                                                                                        |
| **Grace After Fire (Women’s Veterans)** | The Veteran's Project  
Every Monday 6-7:30 pm  
9504 IH 35, Suite 319  
Contact: Roberta Castaneda (210) 744-0642  
Laly Cholak (210) 247-7662  
Email: Roberta@graceafterfire.org  
laly@graceafterfire.org |                                                                                        |