



***No registration required for In-Person groups**

1st & 3rd Sundays 6:00 PM	West	The Church of the Holy Apostles 1225 W. Grand Pkwy S. Katy, TX 77494	Terry Trevino (214-734-6306) trevinot@lyle.smu.edu	Katy
Wednesdays 6:30 PM	North	City Church in Atascocita 19901 Townsen Blvd. Humble, TX 77338	Emily Saunders (832-668-9504) saunders.emilya@gmail.com	Kingwood
2nd Tuesdays 6:30 PM	Southwest	St. Paul's United Methodist Church 5501 Main St. Houston, TX 77004	Michael Jackson mejackson60@hotmail.com	Museum District
2nd Thursdays 7:00 PM	South	Blueridge Global Methodist Church 2929 Reed Rd. Houston, TX 77051	Cecelia Williams cecelia.williams@gmail.com	Sunnyside
1st & 3rd Wednesdays 6:30 PM	North	Trinity Episcopal Church 3901 S. Panther Creek Dr. The Woodlands, TX 77381	Ron Rush (337-274-8873) rongosailing2@gmail.com	The Woodlands
2nd & 4th Tuesdays 7:00 PM	Southwest	Faith Lutheran Church 4600 Bellaire Blvd. Bellaire, TX 77401 (RM 306)	Veronica Rutenburg (713-504-1608) rvee1957@gmail.com	Bellaire
2nd & 4th Wednesdays 6:30 PM	Northwest	Tomball Civic Center 221 Market St. Tomball, TX 77375	Lana Hand (281-216-7802) fehandr@msn.com	Tomball
Spanish Family Support groups				
3rd Tuesdays 6:30 PM	Southwest	The Harris Center (Spanish-speaking) 9401 Southwest Fwy. Houston, TX 77074	Sergio Aguirre (713-818-2117) nami.latinogroups.houston@gmail.com	Southwest
2nd Wednesdays 6:30 PM	Northwest	Trinity Episcopal Church (Spanish-speaking) 3901 S. Panther Creek Dr. The Woodlands, TX 77381	Alexandra Moreno-Gama alexa33185@gmail.com	The Woodlands



FSG Group I	2nd & 4th Tuesdays 7:00 PM	via Zoom	David Muegge (713-380-9017) dvdmckey62@gmail.com	Online
FSG Group II	1st & 3rd Tuesdays 7:00 PM	via Zoom	Jane Malin (713-444-6634) jmalin@namigreaterhouston.org	Online
FSG Group III	Tuesdays 6:00 PM	via Zoom	Pastor Tahieta Gosey-Bailey (281-902-9394) tahieta@gmail.com	Online
FSG Group IV	2nd & 4th Wednesdays 6:30 PM	via Zoom	Brenda LaVar (954-242-1167) blavar@wellpath.us / blavar@namigreaterhouston.org	Online

Support Group for Young Families (for Caregivers of Children & Youth)				
Parent Support Group 1	Every other Wednesday 6:30 PM	via Zoom	Sergio Aguirre (713-818-2117)	Online
Spanish Family Support groups				
FSG Group V	1st & 3rd Wednesdays 7:00 PM	via Zoom	Cristina Oliveros (713-208-5586)	Online
Parent Support Group 2	Every other Thursday 6:30 PM	via Zoom	Sergio Aguirre (713-818-2117)	Online



Connection Recovery Support Group	2nd & 4th Tuesdays 7:00 PM	via Zoom	Tracey Paxton (713-550-9807) trpaxton81@gmail.com	Online
Connection Recovery Support Group	3rd Thursdays 6:30 PM	via Zoom	Alexis McLaughlin (346-265-0270) mclaughlin.alexis@yahoo.com	Online

HEALING CIRCLES

Healing Circle for Grief	Tuesdays 6:00 PM	via Zoom	Robert Brooks Heard (713-659-2137) rbheard01@gmail.com	Healing Circles
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Please check our website for any new support groups: www.namigreaterhouston.org
If you have any questions, please contact Sergio Aguirre at 713-970-4415 or saguirre@namigreaterhouston.org

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