



NAMI
National Alliance on Mental Illness

San Antonio

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 Faith-based Mental Health Support Group Meets every 3rd Thursday from 9-11 am 825 E Basse Road, Room W105 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 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</p>
<p>First Baptist Church (Universal City) <u>Faith-based Mental Health Support Group (msg)</u> 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</p>		<p>First Presbyterian Church Support Group <u>Mental Health Grace Alliance Curriculum</u> 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@ymail.com</p>
<p>Oak Hills Church (Crown Ridge area) <u>Mental Health Grace Alliance Curriculum</u> 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</p>		<p>Palacio De Sol- Spanish Speaking <u>Faith based Mental Health Support Group for Seniors</u> 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@wcff.net</p>
<p>St. Brigid Catholic Church-Bilingual <u>Faith-based Family Support Group-Prayer Refection</u> 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</p>		<p>St. Matthew Catholic Church <u>Mental Health Grace Alliance Curriculum</u> 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</p>
<p>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</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 Use Office Entrance C Contact: Douglas/Laurie Brown (210) 844-8728 Email:</p>

San Antonio Family Support Groups (Non Faith) *Support Groups for people with a loved one with a mental health diagnosis*

<p>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</p>		
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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 Meets Thursdays from 6:30 pm to 8 pm Community Bible Church 2477 N Loop 1604 East, San Antonio, 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org</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 Meets Thursdays from 6:30 to 8:00 pm Community Bible Church 2477 N Loop 1604 East, San Antonio, 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org</p>
<p><i>Boundaries-When to say “yes” and how to say “no”</i> <u>Faith-based Curriculum</u> Meets Tuesdays at 7pm Community Bible Church 2477 N Loop 1604 East, San Antonio, 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org</p>		<p><i>Grief Share (surviving the death of a loved one)</i> <u>Faith-based Curriculum</u> Meets Tuesdays at 6:30, Thursdays 10 am Community Bible Church 2477 N Loop 1604 East, San Antonio, 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org</p>
<p><i>Anxiety “Fearless”</i> <u>Faith-based Curriculum</u> Meets Thursday at 6:30 Community Bible Church 2477 N Loop 1604 East, San Antonio, 78232 Contact: Denise Espino (210) 253-5971 Email: despino@chcmail.org</p>		<p><i>Prayer Picnic</i> Homeless and addicts Meets every Wednesday at 6 pm 230 E. Travis St., Travis Park UMC Contact: Lori Chidgey UMC (210) 226-8341 Email:</p>
<p><i>Identity-Manhood-Purpose (formerly incarcerated men only) Faith-based</i> 3806 Sunshine Ranch Road, San Antonio, TX 78228 Meets Monday from 7-8:30 at Faith Outreach Center Contact: Anthony Walker, Pastor (210) 734-7423 Email: awalker@faith-outreach.org</p>		<p><i>PTSD Foundation of SA</i> <u>Military Ministry based curriculum</u> Every Thursday 7-8:30 pm 14747 Jones Maltsberger, Bldg. 500 (Warm Springs) Contact: Tom Clutts (281) 507-7253 Email: Tom.clutts@ptsdusa.org</p>
<p><i>St. Stephen Catholic Church-Bilingual</i> <u>Mental Health Support Group- Families welcomed</u> Meets every 3rd Tuesday from 6:30 pm to 8 pm 2127 S. Zarzamora St., San Antonio, 78207 Contact: Sylvia Luna (210) 393-3664 Email: Sylvia@wcfff.net</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 Use Office Entrance C Contact: Doug/Laurie Brown (210) 844-8728 Email:</p>



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

<p>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</p>		<p>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</p>
<p>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</p>		<p>Family & Peer Support Group Call for meeting times 1139 Gembler Rd, Christian Community Center Contact: Albert Ryan (210) 551-8244 Email: mbsofno@yahoo.com</p>
<p>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</p>		<p>Depression & Bipolar Support Alliance Alamo City Recovery Meets every Saturday from 2-4 pm 4623 Lord Rd St. Vincent DePaul//Conference Contact: Larry Forbrich (210) 262-2596 Email: Larryforbrich@yahoo.com</p>
<p>Depression & Bipolar Support Alliance Alamo City Recovery Every Friday 1:30-3:00 pm 528 S. Polaris Contact: Debbie Martinez (210) 209-5402 Email:</p>		<p>Depression & Bipolar Support Alliance Meets every Monday from 7-9 pm 6851 Citizens Parkway, 78229 Contact: Kathy Franklin (210) 945-0689 Email: myksf@sbcglobal.net</p>
<p>Grace After Fire (Women's Veterans) <i>The Veteran's Project</i> 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</p>		<p>Grace After Fire (Women's Veterans) <i>The Veteran's Project</i> 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</p>