

NAMI Connection

NAMI Connection support groups are led by trained mentors. Individuals with a mental health diagnosis are welcome anytime.

NAMI Connection

Meets every Thursday From 6:30 pm to 8 pm
Methodist Healthcare System
8109 Fredericksburg Rd., San Antonio, 78229
2nd Floor, Room D
Facilitator: NAMI Leader (210) 734-3349
education@nami-sat.org

NAMI Connection

Meets every Thursday from 3:30 pm to 5pm
Family Endeavors
535 Bandera Rd., San Antonio, 78228
Conference Room
Facilitator: Family Endeavors Leader (210) 208-5700
education@nami-sat.org

Community Groups

Support groups for individuals with a mental health diagnosis only. Please contact the facilitator prior to attending.

Anxiety Support Group

Meets every Tuesday from 10 am to 12 pm
The Village at Incarnate Word
4707 Broadway St., San Antonio, 78209
Facilitator: Tom Kane (830) 216-4264

Prayer Picnic

Serving Homeless and addicts; arrive no later than 6:15 pm
Meets every Wednesday from 6 pm
Travis Park United Methodist Church
230 E. Travis St., San Antonio, 78205
Facilitator: Travis Park UMC (210) 226-8341

Living Hope Group for Post-Traumatic Stress Disorder

A support group for PTSD or anyone dealing with issues involved in recovery from exposure to severe trauma
Meets Thursdays from 6:30 to 8:30 pm
Community Bible Church
2477 N Loop 1604 East, San Antonio, 78232
Facilitator: Denise Espino (210) 253-5971
despino@chcmail.org

San Antonio Obsessive Compulsive Support Group

This group welcomes individuals with OCD as well as friends and family members of those with OCD
Meets every 1st & 3rd Wednesday from 7 pm to 8:30 pm
Oak Ridge Square
11120 Wurzbach Road, San Antonio, 78230, Suite 101
Facilitator: Matt Donda (210) 216-6063
Mateusz.donda@gmail.com

Living Grace Group

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
Facilitator: Denise Espino (210) 253-5971
despino@chcmail.org

Recovery

For those with severe anxiety, panic, phobias and depression
Meets every Wednesday from 7 pm to 9 pm
The Ecumenical Center
8310 Ewing Halsell Drive, San Antonio, 78229
Facilitators: Patricia Klar (210) 655-6875; jklar@satx.rr.com
Tome Kane (830) 216-4264

Community Groups

Support groups for individuals with a mental health diagnosis and their families. Please contact the facilitator prior to attending.

Depression & Bipolar Support Alliance Alamo City Recovery

Meets every Saturday from 2 pm to 4 pm
St. Vincent DePaul/Conference Room
4623 Lord Rd., San Antonio, 78220
Meets every Tuesday from 9 am to 10:30 am
Whataburger, 5075 Rigsby, San Antonio, 78222
Facilitator: Larry Forbrich (210) 262-2596 larryforbrich@yahoo.com

Depression & Bipolar Support Alliance San Antonio

Facilitator: Kathy Franklin (210) 945-0689 (All welcomed)
mvkssf@sbcglobal.net

St. Stephen Mental Health Support Group

This group welcomes anyone affected by mental illness
Meets every 3rd Tuesday from 6:30 pm to 8 pm
2127 S. Zarzamora St., San Antonio, 78207
Facilitator: Sylvia Luna (210) 393-3564 Sylvia@wcfff.net

Depression & Bipolar Support Alliance

Alamo City Recovery
Every Friday 1:30-2:30
528 S. Polaris, San Antonio, TX 78203
Facilitator: Debbie Martinez (210) 209-5402

Veteran

Support groups for veterans with a mental health diagnosis and their families. Please contact the facilitator prior to attending.

San Antonio Coalition for Veterans and Families
Meets every 1st Wednesday from 1:30 pm to 3:30 pm
Alamo Area Council of Governments Building
8700 Tesoro Drive, San Antonio 78217
Al J. Notzon III Board Room, 1st Floor Suite 100
Facilitator: Hector Villarreal (210) 347-1597
infor@sacvf.org

Family Support Group
Call for meeting times
Christian Community Center
1139 Gemblar Road, San Antonio, 78219
Facilitator: Albert Bryan (210) 551-8244
mbsofno@yahoo.com

Family Support Groups

Support groups for persons with a loved one with a mental health diagnosis. Please contact the facilitator prior to attending.

Family Support Group
Meets every 3rd Thursday from 9am to 11 am
Alamo Heights United Methodist Church, Room W105
825 E Basse Road, San Antonio, 78209
Facilitators: Ed & Jackie Dickey (210) 602-2483

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

Family Support Group
This is a bilingual family support group
Meets every 3rd Saturday from 10 am to 12 pm
St Brigid Catholic Church, McKenna Building, Rm 203
6907 Kitchener St., San Antonio, 78240
Facilitator: Carmen Ortiz (210) 521-9161
carmenortiz@earthlink.net

Mental Health Support Group
Meets every 1st Thursday from 6 pm to 8:30 pm
Believers United Christian Ministries
1409 E Commerce Str., San Antonio, 78205
Facilitator: Senior Pastor Darrel R. Younger (210) 212-0544
buempastor@yahoo.com

Mental Health Grace Alliance
A support group for family members or friends of a person living with a mental health disorder
Meets Thursdays from 6:30 pm to 8 pm
Community Bible Church
2477 N. Loop 1604 East, San Antonio 78232
Facilitator Denise Espino (210) 253-5971
despino@cbcmail.org

Mental Health Support Group
Meets every 3rd Tuesday from 7 pm to 8:30 pm
First Baptist Church Universal City
1401 Pat Booker Road, Universal City, 78148
Facilitator Scott Bass (210) 658-6394

Mental Health Grace Alliance
Meet every 1st & 3rd Tuesday from 6:30 pm to 8 pm
First Presbyterian Church, Room 300
404 N Alamo St., San Antonio, 78205
Facilitator: Doug Beach (210) 602-5733
Doug.beach@ymail.com

Mental Health Grace Alliance
Meets every 2nd & 4th Thursday from 6:30 pm to 8 pm
Oak Hills Church, Room F206
19595 IH 10 West, San Antonio, 78257
Facilitator: Verna Lister (210) 838-1945
Education@nami-sat.org

Other Community Groups

S.O.L.O.S
For Survivors of Loved One's Suicide. 18 years and older.
Meets every 1st & 3rd Wednesday from 7pm to 8:30 pm
The Ecumenical Center
8310 Ewing Halsell Drive, San Antonio, 78220
Facilitator Tony Mata (210) 885-7069

Counseling Providers (Adults & Family)

Alamo Mental Health Group 4242 Medical Drive 210-614-8400 Psychotherapists
Baptist Child & Family Services 1506 Bexar Crossing 210-832-5000 Counseling
Catholic Charities 7711 Madonna 210-377-1133 Counseling
Center for Family Relations 1818 San Pedro Ave. 210-733-3349 Marriage, Family, Child, Individual **Center for Health Care Services** 3031 IH 10 West 210-731-1300 Counseling, Social Work, Psychologists, Psychiatrists
Centro Med 5542 Walzem Rd. 210-651-1050 Psychiatrist, Counseling ;6312 S. Zarzamora 210-977-1900 Counseling ;3750 Commercial Ave. 210-334-3750 PsyNP, Counseling
Child Family Adult Consultants 3030 Nacogdoches 210-826-9599 Marriage, Family, Child, Individual **Creekview Recovery Center** 4115 Medical Dr. 210-280-0262 Counseling, Psychotherapists
Communicare PsyNP, Counseling
Northwest Campus 8210 Callaghan 210-233-7000
West Campus 1102 Barclay 210-434-2368
East Campus 2066 Commerce 210-233-7000
Community Counseling Services of Our Lady of the Lake Univ. 590 N. General McMullen 210-434-1054
Ecumenical Center for Religion & Health 8310 Ewing Halsell Dr. 210-616-0885 Counseling-Has funding for vetrns.
Elite Counseling 410 S. Main, Ste. 201 210-822-9493
Family Life Center Of St. Mary's Univ. 251 W. Ligustrum St. 210-438-6411 ;Counseling, ind & couples
Family Service Association of 702 San Pedro 210-299-2400
San Antonio, Inc. 3014 Rivas St. 210-431-7500 -in-home & office based counseling services
Family Violence Prevention Services 7911 Broadway 210-930-3669 Counseling, individuals
Inman Christian Center 1214 Colima Street 210-222-9641 family, child, adolescent, Support groups
Jewish Family Services of San Antonio 12500 N.W. Military 210-302-6920 Counseling,
Methodist Healthcare Ministries 1406 Fitch St. 210-922-6922 Support/Counseling Services
Mission City Family Wellness Center 9921 Spring Beauty 210-842-4544 in-home counseling
Nueva Vida Behavioral Health Cntr. 5555 Fredericksburg Rd. 210-616-0828 Counseling, Psychologists
Pathways Youth & Family Services 4243 Piedras Drive East Ste. 100 210-733-7117 Individuals, groups, family, In-home or office Counseling
Presa Community Service Center 3721 S. Presa 210-532-5295 Individuals, groups, family Counseling
San Antonio Family Endeavors Inc. 535 Bandera Rd. 210-431-6466 Counseling, Case Management
Steven A. Cohen Military Family Clinic at Family Endeavors, Inc., provides high-quality, accessible, and integrated mental health care to Veterans and their families. No to low-cost is available to any person who has served in the U.S. Armed Forces - uses evidenced-based practices with a holistic approach to improving the quality of life for our Veterans and their families. **Contact Information:**6363 De Zavala Road, Ste. 300, San Antonio, TX 78249
Phone: (210) 399-4838
Hours:
Mon: 8am – 6pm
Tues: 8am – 8pm
Wed: 8am – 8pm
Thur: 8am – 8pm
Fri: 8am – 3pm
First and Third Saturday: 9am – 1pm
Schedule an Appointment:Walk-in during clinic hoursCall (210) 716-1709 or email SAclinic@familyendeavors.org
San Antonio Marriage & Family 1141 North Loop 1604 210-501-0769
True Serenity Counseling Services 2819 Woodcliffe 210-793-8395 Marriage, Family, Child, Individual Counseling
SS AMERICAN MEMORIAL, Seguin Texas, 450 Naumann Rd, Seguin, TX 78155
Phone: (210) 559-1377 The Lazy U Ranch serves our nation's warriors by providing a rehabilitative healing atmosphere in an outdoor setting that is physically and mentally therapeutic. It is a 100 acre ranch with paddle boats, canoes and Kayaks. 2nd Friday of every month is a social night from 6:30-11 pm.