

# NAMI Metropolitan Houston

## Support Groups

Houston area NAMI affiliates offer support groups for those whose lives are affected by mental illness – both those with the illness and for family members and friends. In a supportive environment in which confidentiality is respected, support group members can share their concerns, solutions and hope with one another.



**Every Thursday at 7:00 pm** at 1st United Methodist Church  
800 East Main St., Humble 77338  
**Contact:** Finis Hay at 281-684-8322  
**Every Saturday at 2:00 pm** at The Council on Alcohol and  
Drugs, 303 Jackson Hill, Houston TX 77007  
**Contact:** Jim or Diane Hall at 281-300-3837

<b>1st Tuesday</b> 7:00 pm	<b>Tomball</b>	Tomball Community Center, 221 Market St., Tomball 77375 (F/C) <b>Contact:</b> Lana Hand at 281-376-5368 or Kathy Busby at 281-376-0206
<b>3rd Tuesday</b> 7:00 pm	<b>Clear Lake</b>	United Way Bldg., 1300 Bay Area Blvd., 2nd Floor, Clear Lake 77058 (F/C) <b>Contact:</b> Eileene Chappelle at 281-922-7032
<b>1st Wednesday</b> 7:00 pm	<b>West Houston</b>	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) <b>Contact:</b> Bonnie Cord at 713-932-1358
<b>1st &amp; 3rd Wednesday</b> 7:00 pm	<b>Cypress</b>	Cypress Bible Church, 11711 Cypress N. Houston, Cypress 77429 (F) <b>Contact:</b> Dick or Jane Easterwood at 281-376-8735 or 281-415-8193
<b>4th Wednesday</b> (Spanish) 7:00 pm	<b>West Houston</b>	St. Cecilia Catholic Community, 11720 Joan Of Arc, Houston 77024 (F) <b>Contact:</b> Dora Pozzi at 713-772-5688
<b>Last Wednesday</b> 10:00 am	<b>West Houston</b>	St Cecilia Catholic Community, 11720 Joan of Arc, Houston 77024 (YF) <b>Contact:</b> Diana Goyette at 713-896-1153
<b>1st Thursday</b> 7:00 pm	<b>Northeast Harris County</b>	1st United Methodist Church, 800 East Main St., Humble, 77338 Rm 213 (C) <b>Contact:</b> Finis Hay at 281-684-8322
<b>2nd Thursday</b> 7:00	<b>Northeast Harris County</b>	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) <b>Contact:</b> Finis Hay at 281-684-8322
<b>2nd Thursday</b> 7:00 pm	<b>Sugar Land</b>	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) <b>Contact:</b> Ken Sumner at 281-265-1554 or sumnerstars@excite.com
<b>2nd Thursday</b> 6:30 pm	<b>Southwest Houston</b>	Seven Acres Jewish Senior Care Services, 6200 North Braeswood, Houston 77074 (F/C) <b>Contact:</b> Susan Raffle at 713-529-5446
<b>3rd Thursday</b> 7:00 pm	<b>Northeast Harris County</b>	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) <b>Contact:</b> Finis Hay at 281-684-8322
<b>3rd Thursday</b> 7:00 pm	<b>Sugar Land</b>	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) <b>Contact:</b> Ken Sumner at 281-265-1554 or sumnerstars@excite.com
<b>4th Thursday</b> 7:00 pm	<b>Northeast Harris County</b>	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) <b>Contact:</b> Finis Hay at 281-684-8322
<b>4th Thursday</b> 7:00 pm	<b>Sugar Land</b>	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) <b>Contact:</b> Ken Sumner at 281-265-1554 or sumnerstars@excite.com
<b>1st Sunday</b> 4:00—5:30 pm	<b>West Houston Katy</b>	St. Peters United Methodist Church, 20775 Kingsland Blvd., Rm. S201 (F) <b>Contact:</b> Pat or Leon Alderfer at 713-467-3764
<b>2nd Sunday</b> 2:30 pm	<b>West Houston</b>	Pines Presbyterian Church, 12751 Kimberley, Houston (F/C) <b>Contact:</b> Vi Napolitano at 281-893-2493
<b>3rd Sunday</b> 4:00 - 5:30 pm	<b>West Houston Katy</b>	St. Peters United Methodist Church, 20775 Kingsland Blvd., Rm S201 (F) <b>Contact:</b> Pat or Leon Alderfer at 713467-3764
<b>4th Sunday</b> 2:30 pm	<b>West Houston</b>	Pines Presbyterian Church, 12751 Kimberley, Houston (F/C) <b>Contact:</b> Vi Napolitano at 281-893-2493

(F) Family

(C) Consumer

(VFT) Visions For Tomorrow

(YF) Young Family