

Free Peer Support Groups for Behavioral Health in Southwestern CT

Listing compiled courtesy of Southwest Regional Mental Health Board



PEER WARMLINE: Need to talk? 800-921-0359, 5pm-10pm daily.

YOUNG ADULT WARMLINE: 1-855-6HOPENOW, Monday-Sunday, 12-9pm.

IN A CRISIS: Call 211 and select option 1.

Autism Spectrum:

- *GRASP* is by and for people 16 and older who are on the autism spectrum. Meetings are at 35 Flat Rock Road, **Easton**. Contact yanksinfinite@aol.com or 203- 522-7747 for dates and times.
- Community Autism Socials at Yale (CASYS): Social groups for adults with autism and support for parents/providers. www.meetup.com/ProjectCASYS/

Bereavement/Grief:

- Center for Hope, 203-655-4695, **Darien**.

Chronic Pain Anonymous Support Group:

- Thursdays, 7:00-8:00pm, Chronic Pain Group Room, Martin Center, East Campus, Silver Hill Hospital, 208 Valley Road, **New Canaan**.

Co-Occurring Support Groups (dual diagnosis / psychiatric and substance use disorders):

- Double Trouble Group, Weekly on Tuesdays, 10:30-11:30am, Greater Bridgeport Mental Health Center (1st floor conference room), 1635 Central Ave, **Bridgeport**.
- Weekly support group on Fridays, 7:30-8:30pm, Silver Hill Hospital, Jurgenson Building Group Rm 1, East Campus, 208 Valley Road, **New Canaan**.
- Dual Diagnosis Anonymous, Weekly on Tuesdays, 7:15-8:15pm, Wilton Baptist Church, 254 Danbury Rd, **Wilton**.

Depression and Bipolar Support Alliance:

- Weekly on Thursdays, 6:00-8:00pm, St Vincent's Behavioral Health, Community Room, 47 Long Lots Rd, **Westport**. Call Alan at 203-779-5253 prior to attending.
- Weekly on Fridays, 2:30pm, 27 Stag Lane, **Greenwich**.

ESPAÑOL Grupos de apoyo en español:

- El primer martes de cada mes, 6:30pm-8pm, Neighbors Link, 75 Selleck Street, **Stamford**. Contáctese con Sisi 203-667-4018 o Michelle 203-609-1122.
- Alcohólicos Anónimos ofrece 69 grupos en español en CT; Narcóticos Anónimos tiene 6. Busque detalles en línea: www.ct-aa.org y www.ctna.org. Visite www.ctalanon.org para familiares de individuos con adicción.

Family & Peer Groups offered by the National Alliance on Mental Illness (NAMI.org):

NAMI Family Support is open to adult family & friends of those diagnosed with a mental illness and to adults in recovery:

- 1st Tuesdays, 6:30-8:00pm, CP3 Conference Room, Norwalk Hospital, 34 Maple Street, **Norwalk**. Lucie 203-855-3530
- 1st Wednesdays, 7:00-8:30pm, Conf. Room B, Tully Health Center, 32 Strawberry Hill Court, **Stamford**. Call Barbara 203-921-8530
- 2nd Tuesdays, 7:00-8:30pm, Room 1, Jurgenson Bldg, East Campus, Silver Hill Hospital, 208 Valley Road, **New Canaan**. Call Lorraine 203-858-1477
- 3rd Wednesdays, 7:30-9:00pm, Eliot Room, First Church Congregational, 148 Beach Ave., **Fairfield**. Call Cheryl 630-386-2279
- 2nd Thursdays, 6:00-7:30pm, Burroughs Community Center, 2470 Fairfield Ave., **Bridgeport**
- 2nd Thursdays, 6:30-8pm, United Methodist Church, 207 Main St, **Ridgefield**. Call Marc 203-940-2516
- 3rd Thursdays, 6:30-8:00pm, Greenwich Hospital Cafeteria Conference Room (1st floor), 5 Perryridge Rd., **Greenwich**. Call Claudia 203-428-6864
- Last Tuesdays, 6:30-8:00pm, St. Vincent's Behavioral Health Services, 47 Long Lots Rd (Board Room), **Westport**. Call Jenna 203-286-4697

NAMI Connection is a recovery support group program by and for adults living with mental illness:

- 2nd & 4th Mondays, 6:00-7:30pm, HSC Building, One Park Street, **Norwalk**. Call Don 203-882-0236

Family Training Programs offered by the National Alliance on Mental Illness (NAMI.org):

- **Family to Family** is a 12-week support and education program offered several times each year by and for families coping with mental illness. Dates/locations: www.namict.org/educational-programs.
- **NAMI Basics** is a free 6-week program for parents or caregivers of children with any behavioral health issue, taught by trained family members who have lived with this experience. www.namict.org/educational-programs

Hearing Voices Support Group (visit CThvn.org):

- Tuesdays, 1-2:30pm *or* Wednesdays, 6:30-8:00pm, HSC Building, 1 Park Street, **Norwalk**. Info: (203) 493-6382.
- Tuesdays, 2:30-4pm, Community Room 3, Bridgeport Library Black Rock Branch, 2705 Fairfield Ave, **Bridgeport**.



LGBTQ Support Groups:

- Wide range of programs at Triangle Community Center, 618 West Avenue, **Norwalk**. www.ctpridecenter.org

NAMI Book Clubs & Speaker Series (visit namifairfield.org or namisouthwestct.com):

- Monthly speaker meeting on 1st Wednesday, 7:30-9:00pm, Eliot Room, First Church Congregational, 148 Beach Road, **Fairfield**. (No speakers in July & August.)
- Monthly speaker meeting on 2nd Thursday, 7:30-9:00pm, alternating between Tully Center, **Stamford**, and Town Hall, **Greenwich**. (No speakers in July & August.)
- Monthly NAMI Southwest Book Club, 3rd Mondays, 7pm, Christ Church (Harrish Hall), 254 E. Putnam Ave., **Greenwich**. RSVP to claudiadevita1123@gmail.com
- Bimonthly NAMI Fairfield Book Club, 3rd Thursdays, 7:00-8:30pm, Main Library, 1080 Post Road, **Fairfield**.

Obsessive-Compulsive Disorder (OCD) support group:

- 3rd Fridays, 7:30pm, First Church Congregational, 148 Beach Road, **Fairfield**.

Parenting Support for caregivers of children with behavioral & emotional needs:

- NAMI CAN: 4th Wednesdays, 6:00-7:30pm, Stamford Hospital Conference Room A, Ground Floor/Lower Level, 30 Shelburne Road, **Stamford**.
- NAMI CAN: 4th Mondays, 10:00-11:30am Gilbert & Bennett Cultural Arts Center, 49 New Street, **Wilton**.
- Parent Support Group: 2nd Wednesdays, 6:30-8:30pm, Brennan's Tap Room, 280 Connecticut Ave., **Norwalk**. Contact Laverne at 203-727-9564.
- Empowering Parents education series, last Wednesday of each month, 7-8:30pm, Newport Academy, 36 Old Kings Highway South, **Darien**.

Sex Addicts Anonymous:

- Thursdays, 8pm, First Church Congregational, 148 Beach Road, **Fairfield**.
- Saturdays, 9:30am, First Church Congregational, 148 Beach Road, **Fairfield**.

Substance Use & Addiction Support Groups:

- **C.A.R.E.S. Group** (family support), Tuesdays 7:00-9:00pm, St. George Orthodox Church, 5490 Main Street, **Trumbull**.
- **Compassion Unlimited** (faith-based), Fridays at 7:00pm, Landmark Baptist Church, 66 Crescent Street, **Stamford**.
- **CT Community for Addiction Recovery (CCAR)** offers a Telephone Peer Support program at 1-877-676-CCAR and daily support groups that meet at the Bridgeport Recovery Community Center (BRCC), 49 Cannon Street, rear courtyard, **Bridgeport**:
 - All Recovery Meetings, daily Monday through Friday, 12:00-1:00pm
 - Living in Recovery Meeting, Mondays 10:00-11:00am
 - Men's Meeting, Tuesdays, 10:00-11:00am
 - How You Livin, Wednesdays, 10:00-11:00am
 - Daily Meditation, Thursdays, 10:00-11:00am
 - Women's Meeting, Fridays, 10:00-11:00am
 - Young Adult & Family Program, 853 Fairfield Avenue (2nd floor), **Bridgeport**.
- **Lifering Secular Recovery**, 4 meetings/week: Mondays 7:30-8:30pm, Wednesdays 7:30-8:30pm, Fridays 6-7pm, and Sundays 4-5pm, Greenwich Hospital (cafeteria conference room), **Greenwich**.
- **Problem Gambling Hotline**: Call 888-789-7777
- **R.E.A.C.H. OUT Project** (family recovery support group), Wednesdays 7-8:30pm, 135 Elm Street, **Bridgeport**.
- **Step into Recovery**, Sundays 7pm, Triangle Community Center (Room C), 618 West Ave., **Norwalk**.
- **Women for Sobriety** group for women with alcohol &/or drug problems. Mondays 9:30-10:30am, 1895 Post Rd, **Fairfield**. Call Joy 203-640-0530.
- **12-Step Programs**:
 - **Al-Anon / Alateen**: For family & friends of problem drinkers. Call 888-825-2666 to find local meeting times, www.ctalanon.org
 - **Alcoholics Anonymous**: Call 866-783-7712 (English) or 1-855-377-2628 (Spanish) to find local meeting times, www.ct-aa.org. Some meetings are specific to different age groups, such as the **Young People's AA** Fridays 7-8pm at Silver Hill Hospital.
 - **Caduceus AA**: Tuesdays, 7:30-8:30pm, Jurgenson Building Group Rm 2, East Campus, Silver Hill Hospital.
 - **Narcotics Anonymous**: Call 800-627-3543 to find local meeting times, www.ctna.org
 - **Overeaters Anonymous**: www.connecticutao.org

Suicide Loss Support Groups:

- 3rd Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House, 55 Myrtle Avenue, **Westport**.
- Every Tuesday, 4:30-6:30pm, Center for Hope, 590 Post Road, **Darien**.
- American Foundation for Suicide Prevention provides peer support by phone or in person: www.afsp.org

Young Adults:

- CT Young Adult Warmline, Monday-Sunday 12-9pm. Call 1-855-6HOPENOW to talk to a young adult for connection, inspiration or motivation.
- Check out www.TurningPointCT.org, the online peer support community by and for young people in CT.
- Newport Academy teen group, Thursdays, 7-9pm, 36 Old King Highway South, **Darien**.

