



**Free Peer Support Groups for Behavioral
Health in Southwest Connecticut
(for individuals & families)**





www.TheHubCT.org



Visit YouThinkYouKnowCT.org to learn how to keep you and your family safe from counterfeit prescription pills.

IT ONLY TAKES ONE PILL!
If it's fake, it can be a devastating mistake.

Need naloxone training?

Register at thehubct.org/events.

CRISIS HOTLINES & WARMLINES

Hotline services are for those in immediate crisis. Warmlines provide early intervention by providing emotional support to prevent a crisis. If you or someone you know is in immediate danger, call 911.

HOTLINES (ALL AVAILABLE 24/7)

- National Suicide & Crisis Lifeline: 988
- Crisis Text Line: text HOME to 741741
- 24/7 Crisis Support: 775-784-8090 or text "ANSWER" to 839863
- Mobile Psychiatric Crisis: 2-1-1- Option 1
- Adult Crisis Telephone Intervention and Options Network (ACTION) Line (18 & over): 800-467-3135
- Kids in Crisis: 203-661-1911
- The Trevor Project for LGBTQ Lives: Call 866-488-7386 or Text 678 678
- CT Domestic Violence Hotline: 800-799-7233 or text "START" to 88788. Chat is also available: <https://www.thehotline.org/>
- CT Sexual Assault Hotline: 888-999-5545 or 888-568-8332 (Spanish)
- Substance Use Access Line: 1-800-563-4086
- Problem Gambling Helpline: 1-888-789-7777

WARMLINES

- Soundview Warmline: 800-921-0359 (Daily, 9AM - 9PM)
- CT Behavioral Health Partnerships Warmline: 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9AM – 7PM)
- JoinRiseBe Statewide Young Adult Peer Initiative/Warmline: 855-6-HOPENOW (Daily, 12PM – 9PM)
- Reach Out Connecticut: 1-844-TALK-4CT (Mon. - Thurs. 12PM-8PM, Friday 12PM-6PM, Saturday & Sunday 11AM-7PM). Provides connections or resources for any challenges. Including food or infant supplies, worried about COVID-19, racial injustice, or just need someone to talk to.
- Advocacy Unlimited – Let's Connect: 860-505-7581 (Mon – Fri: 9AM – 5PM)

ESPAÑOL/SPANISH GRUPOS DE APOYO EN ESPAÑOL

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **NAMI:** Grupo de apoyo virtual de amigos y familiares, tercer Miércoles: Call 203-919-3173
- Narcóticos Anónimos: 1-800-627-3543 Press #5 for Spanish
- **Servicios de crisis para víctimas de Asalto Sexual:** 888-568-8332
- “SMART Recovery”: apoyo para problemas de adicción y salud mental
- CCAR soporte telefónico durante la recuperación
- CCAR - Lengua Espanola ARM (Virtual): CCAR auspicia la Lengua Espanola Arm cada Jueves de 11:15AM - 12:15PM. Para participar en una conferencia de Zoom, seleccione abajo.
- Grupo de Apoyo en Espanol ACTUALMENTE EN ESPERA HASTA NUEVO AVISO: www.therowancenter.org/support-groups

AUTISM SPECTRUM

- **Community Autism Socials at Yale:** [meetup.com/ProjectCASY](https://www.meetup.com/ProjectCASY)
Social groups for adults with ASD & parents, Online Events.
- **GRASP:** www.grasp.org/resources Chat groups with free enrollment to the site, Online. Contact Info: info@grasp.org

BRAIN INJURY

- **A.B.I. Resources Connecticut Brain Injury:** ctbraininjury.com
Helpline 860-942-0365 *Note: some of the support groups listed on this site are no longer running due to COVID. Visit the [website](#) for contact info for different groups.
- **Brain Injury Alliance of Connecticut:** biact.org. Online Tele-meetings, Zoom. Visit the [website](#) for contact info for different groups available.

DOMESTIC/SEXUAL VIOLENCE

- **The Center for Empowerment and Education:** thecenterct.org. Online, Virtual Support Groups. Contact Info: 203- 731-5200 ext. 258
- **The Center - SOAR:** A group for female victims of domestic violence. Tuesdays, 6:30PM - 8PM. Contact supportgroup@thecenterct.org to register.
- **The Center - Voices of Courage:** Online. A group for male survivors of sexual assault or abuse. Mondays, 6:30PM - 8PM. Contact karen.i@thecenterct.org to register.

- **The Center - Breaking the Silence:** Online. A group for female survivors of sexual assault or abuse. Mondays, 5PM - 6:30PM Contact karen.i@thecenterct.org to register.
- **The Center - Guys' Group:** Online. A group for men in unhealthy relationships or experiencing domestic violence. Tuesdays, 6PM - 7PM. Contact karen.i@thecenterct.org to register.
- **The Center - Support Team:** Online. Workshop for friends or family of sexual assault survivors. Tuesdays, 11AM - 12PM. Contact karen.i@thecenterct.org to register.
- **The Rowan Center:** therowancenter.org/support-groups
Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Online Self-Care Art Group. Every other Friday, 2 – 3:30PM. Visit website to sign up. Contact: 203-348-9346 or info@therowancenter.org

DUAL DIAGNOSIS

- **Depression and Bipolar Support Alliance:** dbsalliance.org/support
Visit the website to find online meetings.

EATING DISORDERS

- **National Eating Disorders Association (NEDA):** nationaleatingdisorders.org
Online Chat Helpline (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), call Hotline at 800-931-2237 (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or text 800-931-2237 (Pilot hours: Mon – Thurs: 3PM – 6PM)
- **Overeaters Anonymous:** swctoa.org/meeting-list
Virtual Online Meetings, Zoom and Telephone meetings. Visit the website for contact info for different groups.

GAMBLING

- **Connecticut Council on Problem Gambling:** ccpg.org
Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and Online Chat (24/7) ccpg.org/chat
- **Connecticut and Western Massachusetts Gamblers Anonymous:** ctwmaga.org/meetings
Online, Zoom meetings. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- **Problem Gambling Helpline:** Call 800-552-4700

LGBTQIA+

- **Connecticut Pride Center – Triangle Community Center:** ctpridecenter.org Various Online & In-Person Meetings. Groups include Peer Support Groups (Autism & Anxiety, Bisexuals & Allies, Nonbinary Support, Outstanding Warriors, PFLAG Norwalk, Triangle Transgender Society), Recovery Groups (LGBT Big Book Meeting, LGBT Step and Tradition Meeting of AA, Al Anon, NA Public Relations Subcommittee Meeting), Social Groups (Adventure, Coffee Talk, GAYmes Night, Nerd Night, Intersect POC, Horror Movie, LGBTQ+ Book Club), Wellness Groups (Adult Dinner, Creative Writing, Pride & Joy, Adult Therapeutic Art & Therapeutic Community Gardening Group), and Youth & Young Adults Groups (Transgender & Gender Questioning, YA Space, Youth Hangout, Creative Writing, Community Dinner). For more information and to RSVP, visit: <https://ctpridecenter.org/programs/groups/>
- **Kids in Crisis – Westport (& Surrounding Towns) Lighthouse LGBTQ Youth Group:**
 - Westport – Mondays 5-6:30 pm @ Toquet Hall, 58 Post Rd East
 - Stamford – Tuesdays 5-7 pm @ The Fish Church, 1101 Bedford St
 - Greenwich – Wednesdays 5:30-7 pm @ Christ Church, in the Parish House, 248 E Putnam Ave
 - Wilton – Thursdays 3:15-4:30 pm @ Comstock Community Center, 180 School Rd
 - The Lighthouse Program also provides social outings, barbecues, parties etc for LGBTQIA+ kids, and they host guest speakers as well. For questions, Phone number: 203-661-1911
- Visit: www.kidsincrisis.org/get-help/lighthouse/ for updated details, address and/or Zoom link.
- **NAMI – Rainbow Connections:** namict.org/find-support Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vlepoutre@namict.org or Serena – 650-561-5525
- **Trans Lifeline:** translifeline.org/hotline Call Lifeline 24/7 at 877-565-8860.
- **Trevor Project:** thetrevorproject.org Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)

MENTAL HEALTH (SEE ALSO YOUNG ADULT & ADDITIONAL SUPPORT GROUPS)

- **Advocacy Unlimited - Navigating the Darkness Together - An Alternatives to Suicide Group:** For individuals 18+ with lived experience of suicidal attempts or urges. Every Wednesday at 5PM. 114 W. Main St, Suite #201 New Britain. Email Jennifer Tirado (jtirado@toivocenter.org) for more info.
- **Clutterers Anonymous:** clutterersanonymous.org/meetings Clutterers

Anonymous has a variety of resources for those who are struggling with letting go of possessions or have accumulated too much. These services range from reflections and meditations to in-person meetings as well. Meeting on Zoom Open to all in CLA. Friends and family members welcome if accompanying a clutterer. Location: Christ Church, 254 East Putnam Ave., Greenwich CT 06830. Phone: Judy F: 203-561-5139. Date/Time: Tuesdays, 1 p.m. to 2 p.m. Contact: Email Judy at: clutterCT@gmail.com

- **Depression and Bipolar Support Alliance (DBSA):** dbsalliance.org/support Online Support Groups. Call Emergency Hotline: 800-273-8255 or Text “DBSA” to 741- 741. General Info: 800-826-3632
- **Hearing Voices:** cthv.org Online Zoom Meetings and Call-In Groups. Visit the website for contact info for different groups. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org
- **Hoarding Support:** hoardingcleanup.com Online Message Boards and Support Groups. Call Helpline (daily, 8AM – 5PM) 800-462-7337 – can also be used to contact with any questions or concerns.
- **NAMI – Recovery Support Check Ins:** namict.org/find-support Online, Zoom Meetings. Weekly. Meetings times and contact info available on the website.
- **OCD Support - First Church Congregational, Fairfield County:** fairfieldocdgroup.freehostia.com Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfieldocdgroup@gmail.com
- **The Parent Support Network:** For parents whose kids struggle with anxiety, depression, or other mental health challenges. Virtual meetings are 1.5 hours long. Register at www.supportgroupscentral.com/ymp
- **RIPPLE:** rockingrecovery.org/zoom-meetings Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info on the website. Contact: RockingRecovery.org@gmail.com
- **Positive Directions SMART Recovery Adult Group:** Every Monday, 4PM - 5PM. Zoom. Break free of negative self-talk or harmful habits to cope with anxiety or addiction. Visit: www.positivedirections.org/support-groups
 - Along with adult recovery groups, Positive Directions provides a variety of support groups to teenagers and also offers a **General Teacher's Support Group** and a virtual **High School Stressor Support Group**, Tuesdays 4-5PM.
- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.

- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Rowan Center Women 40+ Support Group:** Every other Saturday, 10AM - 11AM. Zoom. For self-identifying female survivors of sexual violence ages 40+. Visit www.therowancenter.org/support-groups/ to sign up through the contact form
- **The Center - THRIVE:** Online. A group for women with relationship issues or past traumas. Mondays, 11AM - 12:30PM and Tuesdays, 4PM - 5:30PM. Contact karen.i@thecenterct.org to register.
- **The Center - Your Best Life:** Online. A workshop to focus on coping skills and support systems. Thursdays, 4PM - 5PM. Contact karen.i@thecenterct.org to register.
- **Toivo Center – Alternatives to Suicide:** Various Dates. Zoom. This is a Peer-run support group for people suffering with suicidal thoughts or actions themselves or of others. Visit toivocenter.org/calendar for upcoming dates & times
- **TurningPointCT - Free Peer Support** with Ally, Peer Support Specialist, for teens & 20s: In-person or virtual. Call/text Ally Kernan: 203-858-1819
- **CT Alcoholics Anonymous:** ct-aa.org/meetings Online & In-Person Meetings. Meetings times and contact info on the website. General Info: 866-783-7712
- **The C.A.R.E.S. Group:** thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available on the website.
- **CT Regions of Narcotics Anonymous:** ctna.org In-Person & Online Meetings. Meetings times and contact info available on the website. General Info: 800-627-3543 or info@ctna.org
- **NAMI – Friends & Family Community Support Groups:** namict.org/find-support Online, Zoom Meetings. Weekly. Meetings times and contact info available on the website.
- **NAMI – Opioid Support – Family Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- **NAMI – Opioid Support – Recovery Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- **New Canaan Parent Support Group:** ncparentsupportgroup.org Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available on the website. Contact Info: Paul – 203-564-6374

SEX ADDICTION

- **Sex Addiction Anonymous (SAA):** saa-recovery.org/meetings Telemeetings, Online Zoom Meetings. Meetings times and contact info available on the website.

SUBSTANCE USE & ADDICTION

- **Alcoholics Anonymous (In-Person & Virtual):** An alcoholism support group for those looking to find a safe space, maintain accountability, and achieve sobriety. This is an opportunity to express your thoughts, feelings and experiences with others who are also on their road to recovery. In-Person meetings are every Friday, 7:30PM - 8:30PM at 187 S Canaan Rd. Virtual meetings are every Friday, 6:30PM - 7:30PM. Visit <https://mountainside.com/support-groups/alcoholics-anonymous-aa-meeting/> for more info and to register.
- **CCAR:** ccar.us Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available on the website. Contact Info: 866-205-9770
- **Recovery Support:** A safe space for individuals to share successes and obstacles, seek advice, and engage with others on similar paths of sobriety. Virtual meetings are Saturdays - Wednesdays, 6:30PM - 7:30PM. Visit <https://mountainside.com/support-groups/recovery-support-group/> for more info and to register
- **Recovery Share Night:** For individuals recovering from drug or alcohol addiction to take the stage and share their story with the addiction recovery community. There is criteria to become a speaker. Participants will be able to engage in Q&A. Virtual meetings every Thursday, 6:30PM - 7:30PM. Visit <https://mountainside.com/support-groups/recovery-support-group/> for more info and to register
- **RIPPLE Rocking Recovery Late Night Support Group:** rockingrecovery.org/zoom-meetings Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available on the website. Contact Info: RockingRecovery.org@gmail.com

- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **Smoking Quitline:** Call 800-QUITNOW
- **Substance Use Access Line:** Call 800-563-4086
- **Women for Sobriety:** womenforsobriety.org/meetings Online Meetings. Meetings times and contact info available on the website. General Info: 215-536-8026 or contact@womenforsobriety.org
- **Jewish Family Service of Fairfield County - Bereavement Support Group:** Thursdays, 7:30PM. Zoom. Visit: <https://www.ctjfs.org/counseling/groups/#third> and fill out a Google Form to sign up.
- **Southwest CT Suicide Loss Support Groups:**
 - **Darien:** Mondays at 6PM. Center for Hope. Call Ashleigh at 203-599-3782
 - **Greenwich:** 1st Mondays at 7:30PM. 2nd Congregational Church. Call 203-434-0369
 - **Trumbull:** 2nd Wednesdays from 7PM – 8:30PM. Congregational Church. Email cmorris@trumbull-ct.gov
 - **Westport:** 3rd Mondays from 7:30PM – 9:30PM. Christ and Holy Trinity Church. Mackenzie House. Call Diane at 720-838-3880
- **TAPS Military Survivor Events - Various Groups:** Various online groups. Including Writing as a Healing Tool, Parents of Suicide Loss, Surviving Parents, Spouses & Partners, Young Adults, Men, Mixed Media Journaling, Suicide Loss Survivor, Accident Loss Survivor, Illness Loss Survivor, Combat Loss Survivor and more. Visit <https://www.taps.org/events/?tag=Online> for more info and registration.

SUICIDE LOSS, BEREAVEMENT AND GRIEF

- **American Foundation for Suicide Prevention – Healing Conversations:** afsp.org/healing-conversations Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Visit the website to fill out a form to be contacted.
- **The Den for Grieving Kids:** Young Adult Bereavement Group (Available in Spanish too) – Greenwich
- **Friends for Survival:** Online groups. February (Healing Your Traumatized Heart), March (Memorials and Rituals That Help Us Heal), April (Understanding the Reactions of Others). Groups for Moms, and Spouses & Partners also available. Visit <https://friendsforsurvival.org/meetings> for more info and registration.
- **Family Centers:** familycenters.org/Support-Groups-and-Services Offers a range of specific bereavement/grief support and counseling groups, Zoom. See below for groups available and visit the website for more information on each, including contact info and meeting times.
 - Dialectical Behavior Therapy Adult Groups
 - Changing Families Workshop for Children Coping with Divorce – Stamford
 - General Bereavement Group – Darien
 - Caregivers Support Groups – Darien
 - Spousal Bereavement Group – Darien
 - Loss of Adult Child – Darien
 - Loss of Loved One to Suicide – Darien

YOUTH AND YOUNG ADULTS (SEE ALSO MENTAL HEALTH AND ADDITIONAL SUPPORT GROUPS):

- **The Den for Grieving Kids – Young Adult Bereavement Group:** familycenters.org/The-Den-for-Grieving-Kids Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Julianne Green: 203-655-4693
- **GoLiveGirl Programming Groups:** For middle school, high school and college girls to learn mental health and leadership skills. For more info, visit <https://golivegirl.org>
- **High School Support Group:** For high school students dealing with anxiety and to learn helpful skills. Wednesdays, 4PM - 5PM. Starting March 16th. Zoom. Visit www.positivedirections.org/events to RSVP.
- **Join Rise Be - Discord Support Space:** A server to connect CT's young adults (18-29) to form a community of peers in recovery. Join by clicking <https://discord.com/invite/qcshPXqJvZ>
- **Join Rise Be - The Cozy Corner:** Virtual young adult peer support group. Wednesdays, 7PM - 8PM. Email joinrisebe.org for more info or click <https://us06web.zoom.us/j/81384783766?pwd=SEXkcG1Da2g5T1R5Z0FtVitzVFJWdz09#success> to join
- **NAMI – Young Adult Connection Community Groups:** namict.org/find-support Online, Zoom Meetings. Meetings times and contact info available on the website.

- **Positive Directions Making a SMART Move Young Adult Group:** Every Wednesday, 5PM - 6PM. Zoom. Break free of negative self-talk or harmful habits to cope with anxiety or addiction. Visit: www.positivedirections.org/support-groups
- **Positive Directions High School Boys group on Wednesdays from 5pm-6pm** and a group for **boys and girls on Mondays from 4-5:30 p.m.**, every Wednesday, 5PM - 6PM. Get more information at www.positivedirections.org/support-groups
- **The Rowan Center Support Group:** Wednesdays, 6PM - 7PM. Zoom. For victims and survivors of sexual abuse. Visit www.therowancenter.org/support-groups/ to sign up through the contact form
- **SMART Young Adult Meetings:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on website.
- **Turning Point CT:** turningpointct.org Online resources including Q&A, videos, podcasts, map, weekly virtual social events, Discord server, and more - by and for young people in CT. Visit the website for updated information, events and support.
- **TurningPointCT** - Free Peer Support with Ally, Peer Support Specialist, for teens & 20s: In-person or virtual. Call/text Ally Kernan: 203-858-1819

ADDITIONAL SUPPORT GROUPS:

- **Alzheimer's Association - Caregiver Support Groups:** alz.org/ct Online Meetings. Contact Info: Call 800-272-3900 for program details.
- **CT Legal Services' Immigrant Legal Advice Helpline:** 800-798-0671
- **Community Autism Socials at Yale:** meetup.com/ProjectCASY Social groups for adults with ASD & parents: , Online Events
- **Institute on Aging - Friendship Hotline/Warmline** for any person over 60 years old living with a disability & caregivers of older disabled adults: Call 800-971-0016 (24/7)
- **Jewish Family Service of Fairfield County - Divorce Support Group:** Mondays, 1PM. Zoom. Visit <https://www.ctjfs.org/counseling/groups/#fourth> to sign up.
- **NAMI -Veteran Connection Recovery Support Group:** namict.org/find-support The first and third Wednesday of every month at

6:30PM. Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628

- **Newport Healthcare - Support Group for Therapist Moms:** 2nd Wednesdays of each month, 12PM - 1PM. Hybrid (mix of in-person & virtual). Join over Zoom or in-person at 300 Church Street, suite 205 Wallingford, CT 06492. For moms who work in mental healthcare. RSVP with Erin at 203-231-0042 or erin.swett@newportacademy.com
- **Peer to Peer Group for ALL First Responders (Police, Corrections, Fire, EMS & Dispatch):** Every Friday at 10AM. In person at 237 Danbury Road, Wilton OR join Zoom by texting Stacy Raymond your email address at (203) 493-0344. Sponsored by the Fairfield County Trauma Response Team
- **Positive Directions Alzheimer's Support Group:** Every Other Thursday at 10AM. Zoom. For Alzheimer caregivers to seek advice and encouragement. Visit: www.positivedirections.org/support-groups
- **Teacher Support Group:** Counselor-led support group for teachers and other support professionals. Beginning March 30th. Wednesdays, 7PM - 8PM. Virtual. RSVP at <https://www.positivedirections.org/events>
- **RIPPLE Rocking Recovery RSS Community Conversations:** Wednesdays, 7PM. Zoom. For certified Peers (Recovery Support Specialists) to come together and support one another. Visit: <http://rockingrecovery.org/zoom-meetings/>
- **Teacher Support Group:** Counselor-led support group for teachers and other support professionals. Beginning March 30th. Wednesdays, 7PM - 8PM. Virtual. RSVP at www.positivedirections.org/events
- **Toivo Women's Group:** Various Dates. Zoom. A welcoming space for women to gather to share with and support one another through life's daily challenges. Visit: <http://toivocenter.org/calendar/> for upcoming dates & times
- **Toivo - Various Artistic Groups:** Groups include: Yoga, Live Qigong, Creative Experiments and more. Zoom. Visit: <http://toivocenter.org/calendar/> for upcoming dates & times
- **The Jewish Family Service of Fairfield County - Trauma-Informed Groups:** Trauma Informed Yoga: Tuesdays, 11:30AM - 12:30PM (Beginning March 1, 2022). Brain Fitness Trauma Focused Group: Wednesdays, 10:30AM - 11:30AM (Beginning March 2, 2022). To sign up for either group, visit www.ctjfs.org/counseling/groups/#fourth

FREE PEER SUPPORT FOR FRIENDS & FAMILIES

Support for families of individuals with addiction or addiction & mental illness.

- **The C.A.R.E.S. Group:** thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Info available on the website.
- **Mountainside Friends & Family Support Group:** mountainside.com Online Meetings. Meetings times and contact info available on the website. General Info: 800-500-0399

PARENTING SUPPORT FOR CAREGIVERS OF CHILDREN WITH BEHAVIORAL & EMOTIONAL NEEDS

- **NAMI – Friends & Family Community Support Groups:**
 - **Norwalk:** Third Tuesday of the Month, 7PM-8:15PM at Rowayton United Methodist Church.
 - **Fairfield:** Third Wednesday of the Month, 7PM - 8PM at First Church Congregational.
 - **Westport:** Fourth Wednesdays of the Month, 6:30PM - 8PM at Greens Farms Church.
 - **Online:** First Tuesday of the Month, 6:30PM - 8PM, register at chosen date: www.namisouthwestct.org/online-support
- **NAMI – Opioid Support – Family Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- **New Canaan Parent Support Group:** ncparentsupportgroup.org Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available on the website. Contact Info: Paul – 203-564-6374
- **Positive Directions Friends and Families Group:** www.positivedirections.org/support-groups Online, Zoom Meetings. Weekly, Mondays 5 – 6PM. Zoom Invite Meeting Info available on the website. Contact: info@positivedirections.org
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Jewish Family Service of Fairfield County - Caregivers Support Group:** Every other Sunday, 11:15AM. Zoom. Visit <https://www.ctjfs.org/counseling/groups/#third> for more information and to sign up.
- **The Jewish Family Service of Fairfield County - Trauma-Informed Groups:** Trauma Informed Yoga: Tuesdays, 11:30AM - 12:30PM. Brain

Fitness Trauma Focused Group: Wednesdays, 10:30AM - 11:30AM. To sign up for either group, visit <https://www.ctjfs.org/counseling/groups/#fourth>

- **Family Support Group:** Online. For parents of adult children, spouses and other family members who have family who struggle with mental health challenges. The last Wednesday of every month, 7:30PM - 9PM. Email info@inspirerecoveryct.com to register for link.
- **Autism Services & Resources CT (ASRC):** ct-asrc.org/calendar Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available on the website. General Info: 203-265-7717
- **CT Family Support Network (CTFSN) – Parents Supporting Parents:** ctfsn.org/parents-supporting-parents Online Meetings. Call for info: 877-376-2329 or email commsdirector@ctfsn.org
- **Join The Conversation: Parents Helping Other Parents:** For parents concerned about the mental health of their teenagers. Concerns ranging from depression, anxiety, school or peer pressure, drugs, alcohol, disordered eating, self-harm, etc. Every second Thursday of each month, 10:30AM - 12PM at The Depot Youth Center, 25 Heights Road, Darien.
- **NAMI CAN CT Support Group – Child and Adolescent Network:** <https://www.namisouthwestct.org/online-support> Online. Every Wednesday, 10AM - 11:30AM. Contact Pat at admin@namict.org for the meeting password. Online. 1st Monday of the Month, 10AM - 11:30AM. Contact Beth at 203-984-0123 or Vanessa at 203-970-4130 for meeting password.
- **The Youth Mental Health Project – Parent Support Network:** ymhproject.org/events Online Meetings. Available for anyone in the country. Meetings times and contact info available on the website.



The Hub is the state-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwestern Connecticut—the 14 communities from Greenwich to Stratford. We are a division of the Regional Youth-Adult Social Action Partnership (RYASAP), whose mission is to serve as a catalyst for community change.

Our role is to serve as a strategic partner and resource for the region, supporting and coordinating initiatives related to mental health, suicide, substance misuse, and problem gambling, and liaising between the region and the state. We do this by:

- **Conducting regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **Supporting Local Prevention Councils** — helping our towns prevent substance misuse and promote mental health through technical assistance, coordination, and mini grants, including the State Opioid Response grants.
- **Organizing Catchment Area Councils** — bringing behavioral health consumers and providers together to identify service needs and make recommendations about treatment and recovery.
- **Convening the Southwest CT Suicide Advisory Board** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **Supporting the Region 1 Gambling Awareness Team** — to provide education about problem gambling and gaming.
- **Serving as strategic community partners** — advising and providing resources to stakeholder groups such as the Community Health Improvement Projects and Opening Doors Fairfield County, and representing our region on many state-level advisory boards.
- **Leading and supporting advocacy efforts** — educating elected officials and other leaders.
- **Helping address the opioid epidemic** — providing community trainings, Narcan, and awareness campaigns.
- **Promoting Recovery Friendly Workplace Initiative** — Conduct outreach and support organizations who want to be a Recovery Friendly Workplace – helping employers shift to a policy environment that emphasizes help, hope, and the economic potential of healthy employees even as they recover from substance misuse. Contact us for your organization’s certification.

Please visit our website, www.TheHubCT.org, for resource guides, lists of free peer supports, online screenings, awareness videos and downloadable resources on a wide range of topics, a searchable calendar of events and trainings, and more information.