

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



**IN A CRISIS:** Call 211 and select option 1. **“SOUNDVIEW” PEER WARMLINE:** 800-921-0359, 5pm-10pm daily.

## Section 1. Free Peer Support for Individuals

### ESPAÑOL/SPANISH Grupos de apoyo en español:

- **Alcohólicos Anónimos** en español: 855-377-2628. **Narcóticos Anónimos:** [www.ctna.org](http://www.ctna.org).
- **NAMI:** Apoyo para familiares de individuos con desórdenes de salud mental: Contáctese con Sisi, [sisisusan@yahoo.com](mailto:sisisusan@yahoo.com).
- **Asalto sexual:** Cada jueves de 6-7pm, 733 Summer St., Suite 503, **Stamford**. *Contáctese con Nora 203-487-3970*
- **“SMART Recovery”:** apoyo para adicción y salud mental: Cada jueves de las 3:30pm hasta las 5pm, CCAR, 430 State Street, **Bridgeport**. *Llame a Rosa 203-545-8061*

### **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](mailto:yanksinfinite@aol.com) or 203-522-7747 for dates and times.
- Community Autism Socials at Yale (CASY): Social groups for adults with autism as well as support for parents/providers. [www.meetup.com/ProjectCASY/](http://www.meetup.com/ProjectCASY/)

### **Bereavement/Grief (see also Suicide Loss, next page):**

- Center for Hope & Den for Grieving Kids, **Darien**. 203-655-4693
- Death of child: 2<sup>nd</sup> Mondays, 7:30pm, Tully Center, 32 Strawberry Hill, **Stamford**. 203-326-0020 or 203-979-5266
- Death of child: 2<sup>nd</sup> Tuesdays, 6:45pm, Sterling House Community Center, 2283 Main St., **Stratford**. 475-882-9695

### **Brain Injury Alliance of CT:**

- 2<sup>nd</sup> Wednesdays, 7-8:30pm, Eye Care Associates, 2600 Post Rd, **Southport**. Ages 18-35. Randy 203-394-2722
- 3<sup>rd</sup> Tuesdays, 6-7:30pm, Access Independence, Suite 205, 80 Ferry Blvd., **Stratford**. Call Sue, 203-260-7137. NB: This group is facilitated by an occupational therapist. Open to individuals and their family members.

### **Co-Occurring / Dual Diagnosis:**

- Fridays, 7:00-8:00pm, Silver Hill Hosp., Jurgenson Building, Group Rm 4, East Campus, 208 Valley Road, **New Canaan**
- **Double Trouble**, Thursdays, 10-11am, Greater Bridgeport MH Center 2<sup>nd</sup> Floor, 1635 Central Ave, **Bridgeport**
- **LIFTT Confidential**, Thursdays 7-9pm, Lord Chamberlain Nursing Home, 7003 Main St., **Stratford**. 203-587-0817.
- **SMART Recovery** Teen groups: See Youth & Young Adult section, below

### **Eating Disorders / Overeaters Anonymous**

- Anorexics & Bulimics Anonymous (Closed Meeting), Sundays, 3-4 pm, St. Luke’s Church, Taylor Room, 1864 Post Rd, **Darien**. Grace 203-246-3893
- National eating disorders hotlines and online meetings at <https://www.nationaleatingdisorders.org/>
- Overeaters Anonymous. Local meetings in **Darien, Greenwich, Norwalk, Southport (Fairfield), Stamford, Stratford, Westport**. See monthly calendar at [www.swctoa.org/meeting-list](http://www.swctoa.org/meeting-list)

## Gambling:

- Mondays, 8pm, Union Memorial Church, 68 Church St., **Stamford**
- Wednesdays, 7:30-9:30pm, 1<sup>st</sup> Congregational Church, 14 Brookside Rd., **Darien**
- **CT Problem Gambling Hotline**, 888-789-7777

## LGBTQ Support:

- **Lighthouse Group**, Wednesdays, 7-9pm, Ferguson Library (lower level), 1 Public Library Plaza, **Stamford**
- **Triangle Community Center**, 650 West Avenue, **Norwalk**. [www.ctpridecenter.org](http://www.ctpridecenter.org)

## Mental Health Recovery:

- **Clutterers Anonymous**, Tuesdays, 1-2pm, Christ Church, 254 E. Putnam Ave, **Greenwich**. *Judy 203-637-7509.*
- **Depression & Bipolar Support Alliance (DBSA)**, Thursdays, 6-8pm, St Vincent's Behavioral Health, Community Room, 47 Long Lots Rd, **Westport**. *Call Alan 203-779-5253 prior to attending.*
- **Depression & Bipolar Support Alliance (DBSA)**, Fridays, 2:30-4:30pm, 27 Stag Lane, **Greenwich**. *Call John at 203-661-8282 prior to attending.*
- **Hoarding Support**: Online, Tuesdays at 9pm and Sundays 8pm, [http://hoardingcleanup.com/chat\\_room](http://hoardingcleanup.com/chat_room).
- **LIFTT Confidential**, Thursdays 7-9pm, Lord Chamberlain Nursing Home, 7003 Main St., **Stratford**. 203-587-0817.
- **OCD Support Group**, 3<sup>rd</sup> Fridays, 7:30pm, First Church Congregational, 148 Beach Road, **Fairfield**
- **SMART Recovery** Teen groups: See Youth & Young Adult section, below
- **Soundview Peer Warmline**: Need to talk? 800-921-0359, 5pm-10pm daily. **Phone support**
- **Young Adult Warmline**: 7 days a week, 12-9pm. Call 1-855-6HOPENOW (1-855-6-467-3669). **Phone support**

## Sex Addiction Anonymous:

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

## Sexual Assault:

- Rowan Center for Sexual Assault Crisis Counseling and Education: Wednesdays, 6pm, 733 Summer St., Suite 503, **Stamford**. *Contact Nora (203) 487-3970 or [n.reyes@thecenter-ct.org](mailto:n.reyes@thecenter-ct.org)*

## Substance Use & Addiction:

- **Alcoholics Anonymous**: Call 203-855-0075 or 866-783-7712 (English) or 1-855-377-2628 (Spanish) to find local meeting times or groups with a special focus, [www.ct-aa.org](http://www.ct-aa.org). **Multiple meetings**
- **Caduceus 12-Step**: Tuesdays, 7:30-8:30pm, Jurgenson Bldg Rm 3, East Campus, Silver Hill Hospital, **New Canaan**
- **Compassion Unlimited** (faith-based), Fridays, 7pm, Landmark Baptist Church, 66 Crescent Street, **Stamford**. *Michael 203-410-8663*
- **CT Community for Addiction Recovery (CCAR)** All Recovery meetings Monday-Friday from 12-1pm at the Bridgeport Recovery Community Center (BRCC), 430 State Street, **Bridgeport**. Other meetings daily at 10am
- **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**
- **LIFTT Confidential**, Thursdays 7-9pm, Lord Chamberlain Nursing Home, 7003 Main St., **Stratford**. 203-587-0817
- **Narcotics Anonymous**: Call 800-627-3543 to find local meeting times, [www.ctna.org](http://www.ctna.org) **Multiple meetings**.
- **Refuge Recovery** (based in Buddhist mindfulness): Sundays 7:30pm, Barefoot Living Arts, 85 Mill Plain Rd, **Fairfield**
- **Refuge Recovery**: Tuesdays 7-8 pm, Silver Hill Hospital, Martin Center, 208 Valley Road, **New Canaan**
- **SMART Recovery** Teen groups: See Youth & Young Adult section, below

*Listing updated 8/4/2019 by The Hub: Behavioral Health Action Organization for Southwestern CT. Download at [www.thehubct.org](http://www.thehubct.org)*

- **Step into Recovery**, Sundays 7pm, Triangle Community Center (Room C), 618 West Ave., **Norwalk**
- **Telephone Recovery Support** (TRS) program: Sign up for a weekly check-in call from CCAR. **1-877-676-CCARPhone**
- **Women for Sobriety** group for women with alcohol &/or drug problems. Mondays 10:30 am, Barefoot Living Arts, 85 Mill Plain Rd, Third Floor, **Fairfield**. *Call Joy 203-640-0530*

### Suicide Loss:

- 1<sup>st</sup> Mondays, 7:30pm, 2<sup>nd</sup> Congregational Church parlor room, 139 East Putnam Ave., Use contact form via website to attend: [www.supporteachother.org](http://www.supporteachother.org) **Greenwich**
- 3<sup>rd</sup> Mondays, 7:30-9:30pm, Christ and Holy Trinity Church, Mackenzie House, 55 Myrtle Avenue, **Westport**
- **American Foundation for Suicide Prevention** provides peer support by phone or in person: [www.afsp.org](http://www.afsp.org)

### Youth and Young Adults:

- **SMART Recovery teens**, Wednesdays, 4:30-6pm, Child & Family Guidance, 180 Fairfield Ave., **Bridgeport**. *Donna 202-394-6529*
- **SMART Recovery teens**, summer schedule: Wednesdays, 4-5:30pm, HSC Building, 1 Park St., **Norwalk**. *Eliza 203-901-9472*
- **Newport Academy teen group**, Thursdays, 5-6pm, 36 Old Kings Hwy South, Suite 200, **Darien**. *Jessica 203-898-0931*
- **Young & Restless**, Thursdays, 7:30-8:30pm, Grace Episcopal Church, 5958 Main Street, **Trumbull**
- **Old Enough AA Group**, Fridays, 7-8pm at Silver Hill Hospital, Martin Center, **New Canaan**
- **Old Enough AA Group**, Sundays, 4pm at Glenbrook Community Center, 2<sup>nd</sup> floor, 35 Crescent St., **Stamford**
- **Young Adult Warmline**, 7 days a week 12-9pm. *Call 1-855-6HOPENOW (1-855-6-467-3669)*. **Phone support**
- [www.TurningPointCT.org](http://www.TurningPointCT.org): online peer support community by and for young people in CT. **Web support**
- **Young Adult Space! (YAS!)** Open Mondays through Thursdays, 12pm-6pm, 650 West Ave., **Drop-in center in Norwalk**

## Section 2. Free Peer Support for Families

### Support for families of individuals with addiction or mental illness:

- **Al-Anon / Alateen**: For family & friends of problem drinkers. Local meetings: 888-825-2666 & [www.ctalanon.org](http://www.ctalanon.org)
- **The C.A.R.E.S. Group**, Mondays, 7-9pm, Stratford United Methodist Church, 2600 Main Street, **Stratford**.
- **The C.A.R.E.S. Group**, Tuesdays, 7-9pm, St. George Orthodox Church, 5490 Main Street, **Trumbull**.
- **Courage to Speak Foundation Support Group** for families who have lost someone to substance abuse. *Ginger 203-831-9700*
- **Eating Disorders Family Program**, Tuesdays, 5:45-7:15pm, Jurgenson Bldg, East Campus, Silver Hill Hospital, 208 Valley Road, **New Canaan**.
- **Family Support Group**, Wednesdays, 7pm, First Congregational Church, 148 Beach Rd., **Fairfield**.
- **LIFTT Confidential**, Thursdays 7-9pm, Lord Chamberlain Nursing Home, 7003 Main St., **Stratford**. *203-587-0817*.
- **Mountainside Family Support Group**, 2<sup>nd</sup> Wednesdays, 6:30-8pm, Mountainside, 372 Danbury Rd, **Wilton**.
- **New Canaan Parent Support Group**, Thursdays, 7-8:30pm, St. Mark's Church, 111 Oenoke Ridge, **New Canaan**.
- **SMART Recovery Family & Friends**, Thursdays, 6:30-8pm. NEW LOCATION STARTING AUGUST 8: Positive Directions, 90 Post Rd West, **Westport**.
- **TurnBridge**, 2<sup>nd</sup> & 4<sup>th</sup> Mondays, 7-8:30pm, St. Catherine of Siena, O'Connor Center #210, 4 Riverside Ave, **Greenwich**.
- **TurnBridge**, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7-8:30pm, Life Solution Center, 28 Thorndal Circle, **Darien**.

### NAMI Family Support Groups, open to adult family & friends of those with mental illness:

- 1<sup>st</sup> Wednesdays, 7-8:30pm, Conf. Room B, Tully Health, 32 Strawberry Hill Court, **Stamford**. *Lorraine 203-858-1477*.

- 2<sup>nd</sup> Tuesdays, 7-8:30pm, Room 1, Jurgenson Bldg, East Campus, Silver Hill Hospital, 208 Valley Road, **New Canaan**. Call Lorraine 203-858-1477
- 2<sup>nd</sup> Thursdays, 6-7:30pm, Burroughs Community Center, 2470 Fairfield Ave., **Bridgeport**.
- 2<sup>nd</sup> Thursdays, 6:30-8pm, United Methodist Church, 207 Main St, **Ridgefield**. Call Marc 203-940-2516
- 3<sup>rd</sup> Tuesdays, 6:30-7:45pm, United Methodist Church, 5 Pennoyer Street, **Rowayton**. Call Claudia 203-428-6864
- 3<sup>rd</sup> Wednesdays, 6:15-8pm, Warner Bldg, Stamford Hospital, **Stamford**. Call Claudia 203-428-6864
- 3<sup>rd</sup> Wednesdays, 7:30-9pm, Eliot Room, First Church Congregational, 148 Beach Rd., **Fairfield**. Call 203-586-0826
- 3<sup>rd</sup> Thursdays, 6:30-8pm, Greenwich Hospital Cafeteria Conference Room (1<sup>st</sup> floor), 5 Perryridge Rd., **Greenwich**. Call Claudia 203-428-6864
- Last Tuesdays, 6:30-8pm, St. Luke's Church, 49 Turkey Hill Rd (Robertson Rm), **Westport**. Lorraine 203-858-1477

### Parenting support for caregivers of children with behavioral & emotional needs:

- **NEW!** NAMI Child & Adolescent Network: 1<sup>st</sup> Wednesdays, 10-11:30am, 1<sup>st</sup> Congregational Church of Greenwich (Lounge Room), 108 Sound Beach Ave., **Old Greenwich**. Mary 203-536-9486
- NAMI Child & Adolescent Network: 2<sup>nd</sup> Mondays, 6:30-8pm, 1<sup>st</sup> Congregational (library), 14 Brookside Rd., **Darien**. Karen 203-984-8329
- NAMI Child & Adolescent Network: 4<sup>th</sup> Mondays, 10-11:30am, Gilbert & Bennett Center, 49 New Street, **Wilton**. Vanessa 203-970-4130
- Youth Mental Health Parent Support Group: 2<sup>nd</sup> Tuesdays, 10-11:30am, YWCA, 49 Old Kings Hwy N, **Darien**. RSVP to [darienpsn@ymhproject.org](mailto:darienpsn@ymhproject.org)
- Parent Support Group: 2<sup>nd</sup> Wednesdays, 6:30-8:30pm, Brennan's Tap Room, 280 Connecticut Ave., **Norwalk**. Contact Laverne at 203-727-9564.
- Empowering Parents series, Mondays 7-8pm, Newport Academy, 36 Old Kings Highway South, Suite 200, **Darien**.

### Speaker meetings, book clubs & trainings offered by National Alliance on Mental Illness:

- Monthly speaker meeting on 1<sup>st</sup> Wednesday, 7:30-9pm, Eliot Room, First Church Congregational, 148 Beach Road, **Fairfield**. (No speakers in July & August.) [www.namifairfield.org](http://www.namifairfield.org)
- Monthly speaker meeting on 3<sup>rd</sup> Thursday, 7:30-9pm, alternating between Tully Center, **Stamford**, and Town Hall, **Greenwich**. (No speakers in July & August.) [www.namisouthwestct.org](http://www.namisouthwestct.org)
- Bimonthly NAMI Southwest Book Club, 3<sup>rd</sup> Mondays, 7pm, Christ Church (Harrish Hall), 254 E. Putnam Ave., **Greenwich**. RSVP to [claudiadevita1123@gmail.com](mailto:claudiadevita1123@gmail.com)
- Bimonthly NAMI Fairfield Book Club, 3<sup>rd</sup> Thursdays, 7-8:30pm, Main Library, 1080 Post Road, **Fairfield**.
- **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](http://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](http://www.namict.org/educational-programs)

### Special needs family support groups:

- Search by topic or area: <http://www.cpacinc.org/helpful-resources/parent-support/finding-a-parent-support-group/>
- Alzheimer's Caregivers: Free support groups and educational programs in Southwest CT: Call 203.939.1360.