

# Free Peer Support Groups for Behavioral Health in Southwestern CT (for individuals & families)

Listing compiled courtesy of Southwest Regional Mental Health Board



**"SOUNDVIEW" PEER WARMLINE:** Need to talk? 800-921-0359, 5pm-10pm daily.  
**IN A CRISIS:** Call 211 and select option 1.

## Section 1. Free Peer Support for Individuals

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

- Llame a Alcohólicos Anónimos en español al 855-377-2628. Para Narcóticos Anónimos, busque detalles en línea en [www.ctna.org](http://www.ctna.org). Busque apoyo para familiares de individuos con adicción en [www.ctalanon.org](http://www.ctalanon.org) y para familiares de individuos con desórdenes de salud mental poniéndose en contacto con Sisi, [sisisusan@yahoo.com](mailto:sisisusan@yahoo.com).
- Grupo de apoyo para sobrevivientes de asalto sexual, jueves de 6-7pm, 733 Summer St., Suite 503, **Stamford**. Contáctese con Nora 203-487-3970
- En el otoño de 2018 habrán nuevos grupos de apoyo en línea para jóvenes así como un grupo de apoyo por teléfono para familiares. Para informarse, visite [TurningPointCT.org/SMART](http://TurningPointCT.org/SMART) o marque el 2-1-1 y pregunte por SMART.

### 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 Center, 2283 Main St., **Stratford**. 475-882-9695

### Brain Injury Alliance of CT:

- 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 (psychiatric and substance use disorders):

- Dual Diagnosis Anonymous, Tuesdays, 7:15-8:15pm, Wilton Baptist Church, 254 Danbury Rd, **Wilton**.
- Double Trouble Group, Thursdays, 10-11 am, 2<sup>nd</sup> Floor, 100 Fairfield Ave, **Bridgeport**
- Fridays, 7:30-8:30pm, Silver Hill Hosp., Jurgenson Building, Group Rm 4, East Campus, 208 Valley Road, **New Canaan**.

### Eating Disorders / Overeaters Anonymous

- Anorexics and 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:

- Triangle Community Center, 618 West Avenue, **Norwalk**. [www.ctpridecenter.org](http://www.ctpridecenter.org)



Updated September 2018 & available at [www.HealthyMindsCT.org](http://www.HealthyMindsCT.org). SEE OTHER SIDE.

### Mental Health Recovery (see also Youth & Young Adult groups below):

- **NEW! About Us: Mental Health Help for All** (*individuals and families together*), 3<sup>rd</sup> Mondays, 1-2:30pm, Keystone House, 147 Main Street, **Norwalk**. Call *Claudia* 203-428-6864
- **Depression & Bipolar Support Alliance (DBSA)**, Thursdays, 6-8pm, St Vincent's Behavioral Health, Community Room, 47 Long Lots Rd, **Westport**. Call *Alan* at 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).
- **OCD Support Group**, 3<sup>rd</sup> Fridays, 7:30pm, First Church Congregational, 148 Beach Road, **Fairfield**.
- **Soundview Peer Warmline**: Need to talk? 800-921-0359, 5pm-10pm daily. **Phone support**.
- **CT Young Adult Warmline**: 7 days a week, 12-9pm. Call 1-855-6HOPENOW (1-855-6-467-3669). **Phone support**.

### Sex Addicts Anonymous:

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

### Sexual Assault:

- The 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 (see also Youth & Young Adult groups below):

- **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**.
- **Caduceus 12-Step**: Tuesdays, 7:30-8:30pm, Jurgenson Bldg Rm 3, East Campus, Silver Hill Hospital, **New Canaan**.
- **Compassion Unlimited** (faith-based), Fridays at 7pm, Landmark Baptist Church, 66 Crescent Street, **Stamford**. Contact *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**.
- **Narcotics Anonymous**: Call 800-627-3543 to find local meeting times, [www.ctna.org](http://www.ctna.org) **Multiple**.
- **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**.
- **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-CCAR **Phone**.
- **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., **Greenwich**. 203-434-0369
- 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:

- 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**.
- SMART Recovery /teens, Fridays, 3:30-5pm, 1<sup>st</sup> Congregational Church, 148 Beach Rd., **Fairfield**. *Ally* 203-858-1819. Includes monthly social activities.
- **STARTING SOON!** SMART Recovery /teens, Thursdays, 5:30-7pm, **Norwalk**. Call *Eliza* 203-901-9472 for start date. Includes monthly social activities.
- CT 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 1pm-6pm, 650 West Ave., **Drop-in center in Norwalk**.

## Section 2. Free Peer Support for Families

### Support for families of individuals with substance use or eating disorders:

- **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**.
- **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 at 7pm, First Congregational Church, 148 Beach Rd., **Fairfield**.
- **New Canaan Parent Support Group**, Thursdays 7-8:30pm, St. Mark's Church, 111 Oenoke Ridge, **New Canaan**.
- **NEW! SMART Recovery Family & Friends:** Thursdays, 6:30-8pm, Bigelow Center, 100 Mona Terrace, **Fairfield**.
- **TurnBridge**, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, 7-8:30pm, Christ and Holy Trinity Church, Tower Room, 75 Church Lane, **Westport**.

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

- **NEW! About Us: Mental Health Help for All** (*individuals and families*), 3<sup>rd</sup> Mondays, 1-2:30pm, Keystone House, 147 Main Street, **Norwalk**. Call Claudia 203-428-6864
- 1<sup>st</sup> Wednesdays, 7-8:30pm, Conf. Room B, Tully Health Center, 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> 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. Vincent's Behavioral Health Services, 47 Long Lots Rd (Board Room), **Westport**. Call Lorraine 203-858-1477

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

- NAMI CAN: 2<sup>nd</sup> Mondays, 6:30-8pm, 1<sup>st</sup> Congregational (library), 14 Brookside Rd., **Darien**. Karen 203-984-8329
- NAMI CAN: 3<sup>rd</sup> Tuesdays, 7-8:30pm, Silver Hill Hospital, 208 Valley Rd, **New Canaan**. Karen 203-984-8329
- NAMI CAN: 4<sup>th</sup> Mondays, 10-11:30am Gilbert & Bennett Cultural Arts Center, 49 New Street, **Wilton**. Vanessa 203-970-4130
- 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.

