

San Antonio Non-Faith Peer Support Groups
Support Groups for people with a mental health diagnosis

<p>NAMI Connections (led by trained mentors) Meets every Wednesday from 10:30 am-12:00 pm San Antonio Clubhouse, 6851 Citizens Pkwy 2nd Floor in the Connection Center, San Antonio 78229 Contact: Kiley Clark (830) 484-7403 Email: kiley@saclubhouse.org</p>	<p>NAMI Connections (led by trained mentors) Meets every Thursday from 6:30-8:00 pm 8109 Fredericksburg Rd (Methodist Healthcare System) 2nd floor, Rm D, San Antonio 78229 Contact: NAMI Leader (210) 734-3349 Email: verna.l@nami-sat.org</p>
<p>Depression & Bipolar Support Alliance Meets every Monday from 7:00-9:00 pm 6851 Citizens Parkway, San Antonio 78229 Contact: Kathy Franklin (210) 945-0689 Email: mvksf@sbcglobal.net</p>	<p>Anxiety Support Group Meets every Tuesday from 10:00 am-11:30 am Alamo Heights United Methodist Church West Bldg. Rm. 103 825 E. Basse Rd. San Antonio 78209 Contact: Tom Kane (210) 317-7083 Email: tomkane@polleykane.com</p>
<p>Grace After Fire (Women's Veterans) Meets every 4th Tuesday from 10:30 am-12:30 pm Hays County Historical Courthouse 111 E San Antonio St, San Marcos 78666 Contact: Laly Cholak (210) 247-7662</p>	<p>Grace After Fire (Women's Veterans) Meets every 2nd Tuesday from 10:30 am-12:30 pm Episcopal Diocese of West Texas 111 Torcido Dr, Alamo Heights 78209 Contact: Laly Cholak (210) 247-7662</p>
<p>Grace After Fire (Women's Veterans) Meets every 2nd Saturday 10:30am-12:00pm Schertz Public Library 798 Schertz Pkwy, Schertz 78154 Contact: Laly Cholak (210) 247-7662</p>	<p>Recovery (Anxiety, Panic, Phobias) Meets every Wednesday from 7:00-8:30 pm The Ecumenical Center 8310 Ewing Halsell Dr, San Antonio 78229 Contacts: Patricia Klar (210) 655-6875 Email: jklar@satx.rr.com</p>