

ALCOHOLICS ANONYMOUS

(Sponsored by AA)

All - Sundays, 8:00 pm

Room 230

Young people - Sundays, 8:00 pm

Room 222

All Tuesday, Noon

Room 225

All - Thursdays, Noon

Room 225

Women - Thursdays, 6:30 pm

Room 227

A 12 Step approach to recovery from alcoholism. Only requirement to attend is a desire to stop drinking. Other meetings: www.memphis-aa.org.

AL-ANON

(Sponsored by Al-Anon)

Discussion, Sundays, 8:00 pm

Room 227

Exists to help families of alcoholics by practicing the 12 Steps, giving comfort to families and encouragement to the alcoholic. Other meetings: www.memphisareaal-anon.org.

ALATEEN

(Sponsored Al-Anon)

Sundays, 8:00 pm

Room 223

A 12 Step fellowship of young people, ages 11-18, whose lives have been affected by alcoholism.

ANGER MANAGEMENT

(Sponsored by Transitional Anger Management Services)

Tuesdays, 6:30 pm (No registration)

Room 227

Mondays, Noon

Room 220

Ten week course led by a certified facilitator. Designed to teach adults acceptable expressions of anger, eliminate violent behaviors, and learn new coping techniques. \$15 per session. Contact Teresa Hall, 901-283-8968. email teresa.hall@gotangermanagement.com

BEYOND AFFAIRS

(Sponsored by BAN)

Tuesdays, 6:30 pm

Room 238

For men and women devastated by a spouse's extramarital affair, whether or not the marriage survived. Provides a safe haven to deal with your shock, anger, embarrassment and pain. Suggests steps toward recovery and healing. (Not for the offending spouse or anyone in an affair.) Contact Pat Kendall, pat@kendall.net, 901-509-1905.

BRIDGES SUPPORT FOR MENTAL HEALTH

(Sponsored by TMHCA)

1st and 3rd Tuesdays, 6:30 pm

Room 236

For adults who suffer from major depression, bi-polar disorder, obsessive-compulsive disorder, schizophrenia, etc.. No cost. Led by a Tennessee Mental Health Consumers Association facilitator. Contact Shirley Mahoney 901-507-1887.

CAREER LINK

(Sponsored by Hope)

2nd and 4th Tuesdays, 6:30 pm

Room 236

Brings job seekers and employers together, provides emotional support during the job search, helps develop search and interviewing skills, and steers you to helpful resources. Employers, send a job opportunity by email to shirley@hopepres.com.

COSA FOR WOMEN

(Sponsored by COSA)

Sundays, 6:30 pm

Room 220

For women affected by the compulsive sexual behavior of others. Using the 12 Steps, members find hope whether or not there is a sexually addicted person currently in their lives. Website: www.cosa-recovery.org. Contact Melanie before attending, 581-5448.

DIVORCE CARE

(Sponsored by Hope)

Tuesdays, 6:30 pm

Room 221

Classes begin in Jan. & Sept.

Helps you deal with the pain, shock and complications caused by divorce for you and your loved ones. Runs on a semester basis, but you may join at anytime. Check www.hopepres.com/recovery for schedule. Contact John Crowder, 901-674-0168, crowderjg@gmail.com.

DIVORCE CARE FOR KIDS

(Sponsored by Hope)

Tuesdays, 6:30 pm

Check website for details

DC4K meets in conjunction with our adult Divorce Care program. Cost is \$15 per child registration is required. For more info contact CraigGyergyo@hopepres.com, 901-507-1882

FAITHFUL & TRUE

(Sponsored by Hope)

Sundays, 6:30 pm

Room 238

This men's group provides an environment of safety and support, and applies God's grace with accountability for men struggling with sexual addiction. Contact Pat Kendall, 901-507-1905, pat@kendall.net.

FINANCIAL PEACE UNIVERSITY

(Sponsored by Hope) Classes begins in Jan. & Aug.

Dave Ramsey's 13 week course. Learn the how's and whys of budgeting, debt retirement, investing, college funding and more. \$99 for materials and a life time family membership. Visit www.daveramsey.com or contact Trish, trish.taylor@comcast.net, 901-828-4252 before 6 pm.

GRIEF CARE

(Sponsored by Hope)

Wednesdays, 6:30 pm

Begins Jan, & Sept.

For anyone who has experienced the death of a friend or family member. Offered as a part of "Wednesday Nigt @ Hope," our midweek teaching venue. Contact Mary Elizabeth, 901-516-1604.

HEALING HEARTS SUICIDE GRIEF SUPPORT

(Sponsored by Healing Hearts)

2nd & 4th Sunday 6:30 pm

Room 225

Offer support for adults grieving a death by suicide. Provides a safe, confidential environment. No fees. Contact Kim Mitchell, 901-507-1902, kimmitchell@hopepres.com.

HOPE FOR FETAL ALCOHOL SPECTRUM DISORDER

(Sponsored by Hope)

2nd Saturdays, 7:00 - 9:00 pm

Rooms 221 & 223

For parents and guardians. Join others facing the same challenges and find workable solutions and resources. Contact Jeanne Bruno, 901-854-7175.

HOPE FOR WOUNDED MEN

(Sponsored by Hope)

Fridays, 6:30-8:00 pm

Room 227

For men going through divorce, separation or other life crises. A safe place to talk, find support and learn about resources available for help. Contact John Crowder, 901-674-0168, crowderjg@gmail.com.

HOPE FOR WOMEN IN CONTROLLING RELATIONSHIPS

(Sponsored by Dr. Jan Dieber)

Tuesdays, 6:30 pm

Call for Room number

This group is for women in controlling relationships and those still suffering the "residue" of having been in a controlling relationship. Contact Dr. Jan Dieber, jdieber@gmail.com before you attend.

MAKING SENSE OF DEPRESSION

(Sponsored by Hope of Women)

2nd & 4th Tuesdays, 6:30 pm

Room 220

A support group for women dealing with depression. For details contact Mary Virginia, 901-215-8289 maryvirginia_inthemaking@yahoo.com.

MENTAL HEALTH SUPPORT FOR FAMILIES

(Sponsored by NAMI)

1st and 3rd Tuesdays, 6:30 pm

Room 220

For family members of those suffering from a mental illness.

Meets in conjunction with Bridges a support group for those who have a mental illness. Contact sandra110652@yahoo.com or call 901-725-0305

NARCOTICS ANONYMOUS

(Sponsored by NA)

Sundays, 6:30 pm

Room 230

Tuesdays, Noon

Room 227

Tuesdays, 8:00 pm

Room 227

Thursdays, Noon

Room 227

Thursday, 8:00 pm

Room 227

A fellowship for those with a drug problem. Recovering addicts meet regularly to help each other stay clean. The only requirement to attend is a desire to stop using. Other meetings: www.na-wt.org.

NAR-ANON

(Sponsored by Nar-Anon)

Sundays, 6:30 pm

Room 227

A 12 Step program to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.

PARENTS & CAREGIVERS OF SPECIAL KIDS

(Sponsored by FOT/TIPS)

Open to all professionals and caregivers of children or family members with special needs. Anyone may join, regardless of the age of the child or type of disability.

Contact Jenness Roth, jroth11@uthsc.edu, 901-448-3737

SEXAHOLICS ANONYMOUS

(Sponsored by SA)

Monday, Noon

Room 225

A Twelve Step fellowship of men and women who share their experience, strength, and hope with each other in order to achieve and maintain sexual sobriety. For more information, see SA.org.

SIBSHOPS

(Sponsored by the Harwood Center and UT Boling Center)

Provides an opportunity for brothers and sisters of children with special needs to interact, have fun, build friendships and find support in a recreational setting. Contact Carolyn Graff for next event and more information, 901-448-6511, jgraff@uthsc.edu.

SUICIDE ANONYMOUS

(Sponsored by SA)

Sundays, 6:30 pm

Room 223

Open to anyone who struggles with suicidal thoughts. Members meet together to share their experience, strength and hope. No registration or fees. Contact Pat Kendall, 901-507-1905, pat@kendall.net.

THRIVE SPECIAL NEEDS ADULTS

(Sponsored by Julie James)

Thursday, 12:30-2:30 (Semester Basis)

Room 303

Entrance 3

Provides activities for adults with special needs, including crafts, exercise, healthy eating, etc. No fees, but registration is required. Contact Julie James, 901-314-5351, thrive.2011@yahoo.com.

TRICHOTILLOMANIA SUPPORT GROUP

(Sponsored by MTSG)

2nd Mondays, 6:30 pm

Entrance 6

Room 104

Trichotillomania causes people to pull out hair from their scalp, eyebrows, etc. For those who have the disorder and those impacted by someone with the disorder. Adult and children's groups provided. Contact Jenny.henszey@thedataco.com. 901-240-6677

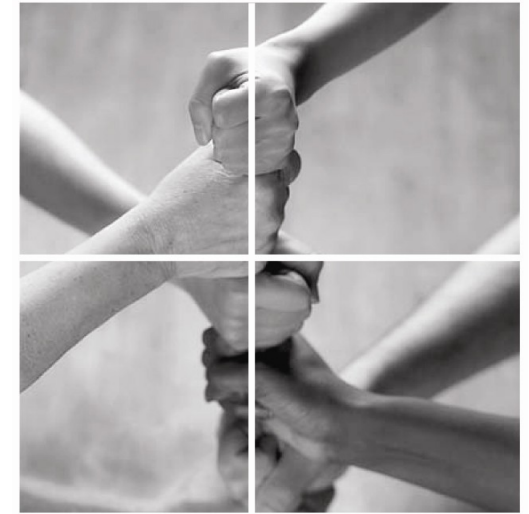
UNTANGLING RELATIONSHIPS COPING WITH CODEPENDENCY

(Sponsored by Hope)

Tuesdays, 6:30 pm

Call or email to register

For those so focused on others that they have begun to lose their own identity, or repeatedly connect with the "wrong" sort of person. Begin anytime after completing a short assignment. \$15 course fee. Contact Pat Kendall, 901-507-1905, pat@kendall.net



RECOVERY & SUPPORT GROUPS AT HOPE

Use entrances 1 & 2

Hope Church
8500 Walnut Grove Road
Cordova, TN 38018
(One mile east of Germantown Road)

Latest updates:
www.hopepres.com/recovery

Contact
Pat Kendall
901-507-1905
pat@kendall.net
or
Shirley Mahoney
shirley@hopepres.com
901-507-1887
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