

ADOPTIVE FAMILY GROUP

(Sponsored by Bethany)

3rd Thursday, 6:30pm

Room 222

Starting January 19, 2012

For anyone who has adopted or is considering adoption. Education, discussion, guidance and a safe place to share our challenges. For more information, contact Michael McDonald, 818-9996, mmcDonald@bethany.org.

ALCOHOLICS ANONYMOUS

(Sponsored by AA)

Tuesday, Noon

Room 225

Thursday, Noon

Room 225

Thursday Women, 6:30pm

Room 227

Saturday, Big Book Study, 8:15am

Room 227

Sunday, 8:00pm

Room 230

Sunday Young people, 8:00pm

Room 222

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, 8:00pm

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, 8:00pm

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)

Mondays, Noon

Room 220

Tuesdays, 6:30pm (No registration)

Room 227

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, 6:30pm

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, 6:30pm

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, 6:30pm

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.

CHADD

(Sponsored by Hope)

1st Monday of each month, 6:30pm

Room 104

Support group for children and adults with attention deficit/hyperactivity disorder. For more info email memphis@chadd.net

COSA FOR WOMEN

(Sponsored by COSA)

Sundays, 6:30pm

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 901-581-5448

DIVORCE CARE

(Sponsored by Hope)

Tuesday, 6:30pm

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, 6:30pm

Begins Jan. & Sept.

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

FAITHFUL & TRUE

(Sponsored by Hope)

Room 238

Sundays, 6:30pm

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, 6:30pm

Begins Jan, & Sept.

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

HOPE FOR FETAL ALCOHOL SPECTRUM DISORDER

(Sponsored by Hope)

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

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 WOMEN IN CONTROLLING RELATIONSHIPS

(Sponsored by Dr. Jan Dieber)

Tuesdays, 6:30pm

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, 6:30pm

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

Thursdays, 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.

SEXAHOLICS ANONYMOUS

(Sponsored by SA)

Monday, Noon

Room 225

Sundays, 8:00 pm

Room 221

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.

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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