

ALCOHOLICS ANONYMOUS

(Sponsored by AA)

All - Sundays, 8:00 pm

Room 230

Young people - Sundays, 8:00 pm

Room 222

All - Thursdays, Noon

Room 225

Women's Big Book Study, Thursdays, 10 am

Room 227

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

Fridays, 6:30 pm (Registration required)

Room 225

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, 283-8968.

AUGUSTINE FELLOWSHIP

(Sponsored by Augustine Fellowship)

Thursdays, Noon

Room 223

A 12 Step group for men and women who struggle with a compulsive need for sex or love and for those with a desperate attachment to one person. Contact Pat Kendall, pat@kendall.net, 755-7721, x1005.

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, 755-7721, x1005.

BRIDGES

SUPPORT FOR MENTAL HEALTH

(Sponsored by TMHCA) (**RESUMES IN SEPTEMBER**)

1st and 3rd Tuesdays, 6:30 pm

Room 236

For adults who suffer from major depression, bi-polar disorder, obsessive-compulsive disorder, schizophrenia, etc.. Meets in conjunction with Hope for Families of the Mentally Ill No cost. Led by a Tennessee Mental Health Consumers Association facilitator. Contact Wanda Ferrer, 751-2026.

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 221

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 Debra, 219-6461.

DIVORCE CARE

(Sponsored by Hope)

Tuesdays, 6:30 pm

Room 221

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, 674-0168, crowderjg@gmail.com.

DIVORCE CARE FOR KIDS

(Sponsored by Hope)

Tuesdays, 6:30 pm

Register for Room number

Provides children with a safe place to talk about their loss and helps them move through the grief process toward healing. Runs in conjunction with Divorce Care. Cost is \$15 per child (\$30 family max) for the course. Contact Mark Pierce, 356-5479, hopedc4k@yahoo.com.

FAITHFUL & TRUE

(Sponsored by Hope)

Sundays, 6:30 pm

Room 230

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, 755-7721, ext. 1005, pat@kendall.net.

FINANCIAL PEACE UNIVERSITY

(Sponsored by Hope) Register for Room number

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. Classes begin January and September. Visit www.daveramsey.com or contact Trish, trish.taylor@comcast.net, 828-4252 before 6 pm.

GRIEF CARE

(Sponsored by Hope)

Wednesdays, 6:30 pm

Begins January and September

For anyone who has experienced the death of a friend or family member. The six-week program consists of speakers and provides time for discussion. Offered as a part of "Next," our midweek teaching venue. Contact Mary Elizabeth, 516-1604.

HEALING HEARTS

SUICIDE GRIEF SUPPORT

(Sponsored by Healing Hearts)

2nd & 4th Sunday 6:30 pm

Room 225

An on-going, peer-led group, offering support for adults grieving a death by suicide. Provides a safe, confidential environment for members to share their experiences, discuss what helps them in their healing process and provides assurance that were on the road to recovery. No fees. Contact Kim Mitchell, 755-7721, x1002, 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, 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, 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, 378-7305, jdieber@gmail.com before you attend.

MAKING SENSE OF DEPRESSION

(Sponsored by Hope for Women)

2nd & 4th Tuesdays, 6:30 pm Room 220

A support group for women dealing with depression.

For details contact Mary Virginia, 215-8289
maryvirginia_inthemaking@yahoo.com.

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

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 236

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

PARENTING YOUR PARENT NETWORK

(Sponsored by Hope)

Not a group, but a network to help with issues regarding aging parents. Contact Robin Davis, 755-7721, x1026, robin@hopepres.com.

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 Laurel Ryan, lryan2@utm.edu, 488.3737.

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, 755-7721, x1005, pat@kendall.net.

THRIVE SPECIAL NEEDS ADULTS

(Sponsored by Julie James)

Thursday, 12:30-2:30 (Semester Basis) Room 303

Provides activities for adults with special needs, including crafts, exercise, healthy eating, etc. No fees, but registration is required. Contact Julie James, 275-4608, jjames@guardianhealthcare.com. Use entrance 3.

UNTANGLING RELATIONSHIPS COPING WITH CODEPENDENCY

(Sponsored by Hope)

Tuesdays, 6:30 pm Call 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, 755-7721, x1005, 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
901-755-7721, x1005
pat@kendall.net
or
Shirley Mahoney
shirley@hopepres.com
901-755-7721, x1087
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