

Free Peer Support Groups for Behavioral Health

Southwestern Connecticut



Catalyst CT

The Hub

Scan below to follow The Hub on social media and visit our website for additional resources.



CatalystCT.org/TheHub



Visit YouThinkYouKnowCT.org to learn how to keep you and your family safe from counterfeit prescription pills.

IT ONLY TAKES ONE PILL!
If it's fake, it can be a devastating mistake.

Need naloxone training and/or kits?

Contact us: info@thehubct.org

CRISIS HOTLINES & WARMLINES

Hotline services are for those in immediate crisis. Warmlines provide early intervention by providing emotional support to prevent a crisis. If you or someone you know is in immediate danger, call 911.

HOTLINES (ALL AVAILABLE 24/7)

- National Suicide & Crisis Lifeline: 988
- Crisis Text Line: text HOME to 741741
- 24/7 Crisis Support: 775-784-8090 or text “ANSWER” to 839863
- Mobile Psychiatric Crisis: 2-1-1- Option 1
- Adult Crisis Telephone Intervention and Options Network (ACTION) Line (18 & over): 800-467-3135
- Kids in Crisis: 203-661-1911
- The Trevor Project for LGBTQ Lives: Call 866-488-7386 or Text 678 678
- CT Domestic Violence Hotline: 800-799-7233 or text “START” to 88788. Chat is also available: <https://www.thehotline.org/>
- CT Sexual Assault Hotline: 888-999-5545 or 888-568-8332 (Spanish)
- Substance Use Access Line: 1-800-563-4086
- Problem Gambling Helpline: 1-888-789-7777

WARMLINES

- Soundview Warmline: 800-921-0359 (Daily, 3 PM - 9 PM)
- CT Behavioral Health Partnerships Warmline: 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9 AM – 7 PM)
- JoinRiseBe Statewide Young Adult Peer Initiative/Warmline: 855-6-HOPENOW (Daily, 12PM – 9PM)
- Reach Out Connecticut: 1-844-TALK-4CT (Mon. - Thurs. 12PM-8PM, Friday 12PM-6PM, Saturday & Sunday 11AM-7PM). Provides connections or resources for any challenges. Including food or infant supplies, worried about COVID-19, racial injustice, or just need someone to talk to.
- Advocacy Unlimited – Let’s Connect: 860-505-7581 (Mon – Fri: 9AM – 5PM)

ESPAÑOL/SPANISH GRUPOS DE APOYO EN ESPAÑOL

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **NAMI:** Grupo de apoyo virtual de amigos y familiares, tercer Miércoles: Call 203-919-3173
- Narcóticos Anónimos: 1-800-627-3543 Press #5 for Spanish
- **Servicios de crisis para víctimas de Asalto Sexual:** 888-568-8332
- “SMART Recovery”: apoyo para problemas de adicción y salud mental
- CCAR soporte telefónico durante la recuperación

AUTISM SPECTRUM

- **Community Autism Socials at Yale:** [meetup.com/ProjectCASY](https://www.meetup.com/ProjectCASY/)
Social groups for adults with ASD & parents, Online Events.
- **GRASP:** www.grasp.org/resources Chat groups with free enrollment to the site, Online. Contact Info: info@grasp.org

BRAIN INJURY

- **A.B.I. Resources Connecticut Brain Injury:** ctbraininjury.com
Helpline 860-942-0365 *Note: some of the support groups listed on this site are no longer running due to COVID. Visit the [website](#) for contact info for different groups.
- **Brain Injury Alliance of Connecticut:** biact.org. Online Tele-meetings, Zoom. Visit the [website](#) for contact info for different groups available.

DOMESTIC/SEXUAL VIOLENCE

- **The Center for Empowerment and Education:** thecenterct.org. Online, Virtual Support Groups. Contact Info: 203- 731-5200 ext. 258
- **The Center - SOAR:** A group for female victims of domestic violence. Tuesdays, 6:30PM - 8PM. Contact supportgroup@thecenterct.org to register.
- **The Center - Voices of Courage:** Online. A group for male survivors of sexual assault or abuse. Mondays, 6:30PM - 8PM. Contact karen.i@thecenterct.org to register.
- **The Center - Breaking the Silence:** Online. A group for female survivors of sexual assault or abuse. Mondays, 5PM - 6:30PM Contact karen.i@thecenterct.org to register.

- **The Center - Guys' Group:** Online. A group for men in unhealthy relationships or experiencing domestic violence. Tuesdays, 6PM - 7PM. Contact karen.i@thecenterct.org to register.
- **The Center - Support Team:** Online. Workshop for friends or family of sexual assault survivors. Tuesdays, 11AM - 12PM. Contact karen.i@thecenterct.org to register.
- **The Rowan Center:** therowancenter.org/support-groups
Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Contact: 203-348-9346 or info@therowancenter.org

DUAL DIAGNOSIS

- **Depression and Bipolar Support Alliance:** dbsalliance.org/support
Visit the website to find online meetings.

EATING DISORDERS

- **Overeaters Anonymous:** swctoa.org/meeting-list Virtual Online Meetings, Zoom and Telephone meetings. Visit the website for contact info for different groups.

GAMBLING

- **Connecticut Council on Problem Gambling:** ccpg.org Call the Helpline at 888-789-7777 (24/7) or text "CTGAMB" to 53342 and Online Chat (24/7) ccpg.org/chat
- **Connecticut and Western Massachusetts Gamblers Anonymous:** ctwmaga.org/meetings Online, Zoom meetings.
Contact Info: 855-222-5542 & ctwmaga@yahoo.com

LGBTQIA+

- **Connecticut Pride Center – Triangle Community Center:** ctpridecenter.org Various Online & In-Person Meetings. Groups include Peer Support Groups (Bicon Social & Support, Nonbinary Support, Outstanding Warriors, PFLAG Norwalk, Triangle Transgender Society), Recovery Groups (LGBT Big Book Meeting, LGBT Step and Tradition Meeting of AA, AI Anon, NA Public Relations Subcommittee Meeting), Social Groups (Adventure, Coffee Talk, GAYmes Night, Nerd Night, QPOC Pride Group), Wellness Groups (Adult Dinner, Creative Writing, Pride & Joy, Adult Therapeutic Art), and Youth & Young Adults Groups (Trans + Teen Peer Support Group, YA Space, Youth Hangout, Community Dinner). For more information and to RSVP, visit: programs/groups/: ctpridecenter.org/programs/groups/

- **[Kids in Crisis – Westport \(& Surrounding Towns\) Lighthouse LGBTQ Youth Group:](#)**
 - Westport – Mondays 5-6:30 pm @ Toquet Hall, 58 Post Rd East
 - Stamford – Tuesdays 5-7 pm @ The Fish Church, 1101 Bedford St
 - Darien – Wednesdays 5:15-6:45 pm @ Darien Depot Youth Center, 25 Heights Rd
 - New Caanan – Last Mondays, 2:45 – 4 pm @ New Canaan YMCA, 564 South Ave
 - Ridgefield – 2nd Thursdays, 5:30 – 7 pm @ Ridgefield Teen Barn, 10 Governor St.
 - Wilton – 3rd Thursdays 3:30-5 pm @ Wilton Historical Society, Abbott Barn, 224 Danbury Rd
 - The Lighthouse Program also provides social outings, barbeques, parties etc for LGBTQIA+ kids, and they host guest speakers as well. For questions, Phone number: 203-622-6556. Email: poler@kidsincrisis.org
- Visit: www.kidsincrisis.org/get-help/lighthouse/ for updated details, address and/or Zoom link.
- **[NAMI – Rainbow Connections:](#)** namict.org/find-support
Online Meetings, Zoom. Every first and third Tuesday of every month from 7 - 8PM. Contact Info: Val – vlepoutre@namict.org
- **[Trans Lifeline:](#)** translifeline.org/hotline Call Lifeline 24/7 at 877-565-8860.
- **[Trevor Project:](#)** thetrevorproject.org Call Helpline (24/7) 866-488-7386
Chat Online (24/7) or Text “START” to 678-678 (24/7)

MENTAL HEALTH (SEE ALSO YOUNG ADULT & ADDITIONAL SUPPORT GROUPS)

- **[Confidant Health Support Groups:](#)** Confidant Groups meet virtually, on a regular basis, and are facilitated by trained professionals and peers, specializing in addiction and mental health treatment. For registration and more information, visit confidantthehealth.com/virtual-support-groups
- **[Clutterers Anonymous:](#)** clutterersanonymous.org/meetings Clutterers Anonymous has a variety of resources for those who are struggling with letting go of possessions or have accumulated too much. These services range from reflections and meditations to in-person meetings as well. Meeting on Zoom Open to all in CLA. Friends and family members welcome if accompanying a clutterer. Phone: Judy F: 203-561-5139. Date/Time: Tuesdays, 1 p.m. to 2 p.m. Contact: Email Judy at: clutterCT@gmail.com
- **[Depression and Bipolar Support Alliance \(DBSA\):](#)** dbsalliance.org/support Online Support Groups. Call Emergency Hotline: 988 or Text “DBSA” to 741- 741. General Info: 800-826-3632

- **Hearing Voices:** cthvn.org Online Zoom Meetings and Call-In Groups. Visit the website for contact info for different groups. General Contact Info: Skye – 860-952-4050 or cthvn@advocacyunlimited.org
- **Hoarding Support:** hoardingcleanup.com Online Message Boards and Support Groups. Call Helpline (daily, 8AM – 5PM) 800-462-7337 – can also be used to contact with any questions or concerns.
- **Move to Heal CT:** Move to Heal hosts weekly group support meetings at its affiliate gyms. The meetings are open to anyone suffering from mental health issues, addiction, or any life trauma. For more information, send an email at info@movetohealct.org movetohealct.org/services#Recovery-Meetings
- **NAMI – Recovery Support Check Ins:** namict.org/find-support Online, Zoom Meetings. Mondays, Wednesdays, or Fridays, 3PM. For the meeting password for phone or computer contact Don: 475-449-1733 or email info@namict.org or dfischer@namict.org.
- **OCD Support - First Church Congregational, Fairfield County:** fairfieldocdgroup.freehostia.com Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfieldocdgroup@gmail.com
- **Positive Directions SMART Recovery Adult Group:** Every Monday, 4PM - 5PM. Zoom. Break free of negative self-talk or harmful habits to cope with anxiety or addiction. Visit: www.positivedirections.org/support-groups
 - Along with adult recovery groups, Positive Directions provides a variety of support groups to teenagers and also offers a **General Teacher's Support Group** and a virtual **High School Stressor Support Group**, Tuesdays 4-5PM.
- **RIPPLE:** rockingrecovery.org/zoom-meetings Online, Zoom meetings. Weekly: Tuesdays & Thursdays 10PM - 12AM or Wednesday, Friday, & Sunday 8PM - 9:30PM. Contact rockingrecovery.org@gmail.com
- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Rowan Center Women 40+ Support Group:** Every other Saturday, 10AM - 11AM. Zoom. For self-identifying female survivors of sexual violence ages 40+. Visit www.therowancenter.org/support-groups/ to sign up through the contact form.

- **Thriving Women**: Online. A group for women with relationship issues or past traumas. Mondays, 11AM - 12:30PM and Tuesdays, 4PM - 5:30PM. Contact karen.i@thecenterct.org to register.
- **The Center - Your Best Life**: Online. A workshop to focus on coping skills and support systems. Thursdays, 4PM - 5PM. Contact karen.i@thecenterct.org to register.
- **Toivo Center – Alternatives to Suicide**: Various Dates. Zoom. This is a Peer-run support group for people suffering with suicidal thoughts or actions themselves or of others. Visit toivocenter.org/alternatives-to-suicide for upcoming dates & times

SEX ADDICTION

- **Sex Addiction Anonymous (SAA)**: saa-recovery.org/meetings
Telemeetings, Online Zoom Meetings. Meetings times and contact info available on the website.

SUBSTANCE USE & ADDICTION

- **Alcoholics Anonymous (In-Person & Virtual)**: An alcoholism support group for those looking to find a safe space, maintain accountability, and achieve sobriety. This is an opportunity to express your thoughts, feelings and experiences with others who are also on their road to recovery. Meetings are every Friday, 7:30PM - 8:30PM both virtual and in person at 187 S Canaan Rd. Visit mountainside.com/support-groups/alcoholics-anonymous-aa-meeting for more info and to register.
- **Alateen**: Support group for teens affected by a friend or family member's drinking. Sundays 7-8 pm at St. Mark's Episcopal Church, 111 Oenoke Ridge New Canaan, CT Contact: newcanaanlateen@gmail.com
- **CCAR**: ccar.us Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available on the website. Contact Info: 866-205-9770
- **CT Alcoholics Anonymous**: ct-aa.org/meetings Online & In-Person Meetings. Meetings times and contact info on the website. General Info: 866-783-7712
- **The C.A.R.E.S. Group**: thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available on the website.
- **CT Regions of Narcotics Anonymous**: ctna.org In-Person & Online Meetings. Meetings times and contact info available on the website. General Info: 800-627-3543 or info@ctna.org

- **Elevate Health and Wellness Support Groups:** Recovery Maintenance: Tuesdays at 6pm & Fridays at 1pm, Teen Support group Tuesdays at 4:30 pm elevatehealthandwellnessct.com/supportgroups
- **NAMI – Friends & Family Community Support Groups:**
Online: First Monday of the Month, 6:30PM - 8PM, register at chosen date: namisouthwestct.org/support-and-education/support-groups
 - Stamford: Second Tuesday of the Month, 7PM - 8:30PM at Stamford Hospital/Tully Health Ctr, Room C
 - Norwalk: Third Tuesday of the Month, 6:45PM-8PM at Rowayton United Methodist Church.
 - Greenwich: Third Wednesday of the Month, 6:45-8PM, Greenwich Hospital, Noble Conference Room
 - Fairfield: Third Wednesday of the Month, 7PM - 8:30PM at First Congregational Church.
 - Westport: Fourth Wednesdays of the Month, 6:30PM - 8PM at Greens Farms Congregational Church.
- **NAMI – Opioid Support – Family Group Meetings:** namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org
- **New Canaan Parent Support Group:** ncparentsupportgroup.org In person, Thursday, 7-8:30PM at St. Mark’s Episcopal Church, 111 Oenoke Ridge, New Canaan, CT. Contact Info: Paul – 203-564-6374
- **Recovery Support:** A safe space for individuals to share successes and obstacles, seek advice, and engage with others on similar paths of sobriety. Virtual meetings are Mondays, 6:30PM - 7:30PM. Visit mountainside.com/support-groups/recovery-support-group for more info and to register
- **Recovery Share Night:** A safe space for individuals to share successes and obstacles, seek advice, and engage with others on similar paths of sobriety. Virtual meetings are Mondays, 6:30PM - 7:30PM. Visit mountainside.com/support-groups/recovery-support-group for more info and to register
- **RIPPLE Rocking Recovery Late Night Support Group:** rockingrecovery.org/zoom-meetings Online, Zoom meetings. Weekly: Tuesdays & Thursdays 10PM - 12AM or Wednesday, Friday, & Sunday 8PM - 9:30PM Contact Info: RockingRecovery.org@gmail.com
- **SMART Recovery:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Friends & Family:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.

- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **Smoking Quitline:** Call 800-QUITNOW
- **Substance Use Access Line:** Call 800-563-4086
- **Women for Sobriety:** womenforsobriety.org/meetings Online Meetings. Meetings times and contact info available on the website. General Info: 215-536-8026 or contact@womenforsobriety.org

SUICIDE LOSS, BEREAVEMENT AND GRIEF

- **American Foundation for Suicide Prevention – Healing Conversations:** afsp.org/healing-conversations Chat on the Phone or Online Meetings. Healing Conversations is an opportunity for those who have lost someone to suicide to speak with a volunteer who is a survivor of suicide loss. Visit the website to fill out a form to be contacted.
- **The Den for Grieving Kids:** Young Adult Bereavement Group (Available in Spanish too) – Greenwich familycenters.org/The-Den-for-Grieving-Kids
- **Friends for Survival:** Online and virtual groups to share struggles with grief after a suicide death. Visit <https://friendsforsurvival.org/meetings> for more info and registration.
- **Family Centers:** familycenters.org/Support-Groups-and-Services Offers a range of specific bereavement/grief support and counseling groups, Zoom. See below for groups available and visit the website for more information on each, including contact info and meeting times.
 - Dialectical Behavior Therapy Adult Groups
 - General Bereavement Group – Darien
 - Spousal Bereavement Group – Darien
- **Schoke Jewish Family Service:** Bereavement Support Group - Zoom, Mondays at 4:00 PM Visit: ctjfs.org/counseling/groups and fill out a Google Form to sign up.
- **Southwest CT Suicide Loss Support Groups:**
 - **Greenwich:** 1st Mondays at 7:30PM. Zoom. Visit supporteachother.org
 - **Trumbull:** 2nd Wednesdays from 7PM – 8:30PM. Virtual. Email cmorris@trumbull-ct.gov
 - **Virtual:** 3rd Mondays from 7:30PM – 9:30PM. Call Diane at 720-838-3880 or Marianne at 203-400-2453, or reach out to DLSCO@aol.com

- **TAPS Military Survivor Events - Various Groups:** Various online groups. Including Parents of Suicide Loss, Surviving Parents, Spouses & Partners, Young Adults, Men, Suicide Loss Survivor, Accident Loss Survivor, Illness Loss Survivor, Combat Loss Survivor and more. Visit <https://www.taps.org/events/?tag=Online> for more info and registration.

YOUTH AND YOUNG ADULTS (SEE ALSO MENTAL HEALTH AND ADDITIONAL SUPPORT GROUPS):

- **The Den for Grieving Kids – Young Adult Bereavement Group:** familycenters.org/The-Den-for-Grieving-Kids Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Maynelly Rodriguez: 203-655-4693
- **GoLiveGirl Programming Groups:** For middle school, high school and college girls to learn mental health and leadership skills. For more info, visit <https://golivegirl.org>
- **High School Stress Support Group:** For high school students dealing with anxiety and to learn helpful skills. Wednesdays, 4PM - 5PM. Starting March 16th. Zoom. Visit www.positivedirections.org/events to RSVP.
- **NAMI – Young Adult Connection Community Groups:** namict.org/find-support Online, Zoom Meetings. Meetings times and contact info available on the website.
- **Parents Helping Parents:** Peer-to-peer community-based support group for those who have suffered the loss of a child. 9:30am – 11:00am on the first and third Wednesday of each month at the Voices Center for Resilience Office 80 Main St, New Canaan, CT. Register online at voicescenter.org/support-groups
- **The Rowan Center Support Group:** Wednesdays, 6PM - 7PM. Zoom. For victims and survivors of sexual abuse. Visit www.therowancenter.org/support-groups/ to sign up through the contact form
- **SMART Young Adult Meetings:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on website.
- **Turning Point CT:** turningpointct.org Online resources including Q&A, videos, podcasts, map, weekly virtual social events, Discord server, and more - by and for young people in CT. Visit the website for updated information, events and support.

ADDITIONAL SUPPORT GROUPS:

- **[Alzheimer's Association - Caregiver Support Groups](http://alz.org/ct)**: alz.org/ct
Online Meetings. Contact Info: Call 800-272-3900 for program details.
- **CT Legal Services' Immigrant Legal Advice Helpline**: 860-344-0447
- **[Community Autism Socials at Yale](https://www.meetup.com/ProjectCASY)**: [meetup.com/ProjectCASY](https://www.meetup.com/ProjectCASY)
Social groups for adults with ASD & parents: , Online Events
- **[Immigrants Rising Wellness Support Groups](http://immigrantsrising.org/supportgroups)**: Wellness Support Groups led by trained mental health providers or registered clinicians, designed to help undocumented people feel less alone and more understood. Register online at immigrantsrising.org/supportgroups
- **[Peer to Peer Group for ALL First Responders \(Police, Corrections, Fire, EMS & Dispatch\)](#)**: Every Tuesday at 7PM. Online on Zoom, reach out to Steve Wilcox at stevenwilcox@gmail.com. Sponsored by the Fairfield County Trauma Response Team
- **[Positive Directions Alzheimer's Support Group](http://www.positivedirections.org/support-groups)**: Every Other Thursday at 10AM. Zoom. For Alzheimer caregivers to seek advice and encouragement. Visit: www.positivedirections.org/support-groups
- **[Shoke Jewish Family Service](http://ctjfs.org/groups)**: Divorce Support Group - Mondays at 1:00 PM. Contact info available at: ctjfs.org/groups
- **[Teacher Support Group](http://positivedirections.org/support-groups)**: Virtual, counselor-led support group for teachers and other support professionals. General group meets Tuesdays from 7-8pm. The DCF group meets Thursdays from 5-6pm. RSVP at positivedirections.org/support-groups
- **[Toivo Women's Group](http://toivocenter.org/calendar/)**: Various Dates. Zoom. A welcoming space for women to gather to share with and support one another through life's daily challenges. Visit: <http://toivocenter.org/calendar/> for upcoming dates & times
- **[Toivo - Various Artistic Groups](http://toivocenter.org/calendar/)**: Groups include: Yoga, Live Qigong, Creative Expressions and more. Zoom. Visit: <http://toivocenter.org/calendar/> for upcoming dates & times

FREE PEER SUPPORT FOR FRIENDS & FAMILIES

Support for families of individuals with addiction or addiction & mental illness.

- **[The C.A.R.E.S. Group](http://thecaresgroup.org)**: thecaresgroup.org Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Info available on the website.

- **Mountainside Friends & Family Support Group:** mountainside.com
Online Meetings. Meetings times and contact info available on the website. General Info: 800-500-0399

PARENTING SUPPORT FOR CAREGIVERS OF CHILDREN WITH BEHAVIORAL & EMOTIONAL NEEDS

- **Autism Services & Resources CT (ASRC):** ct-asrc.org/asrc-calendar
Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available on the website. General Info: 203-265-7717
- **CT Family Support Network (CTFSN) – Parents Supporting Parents:** ctfsn.org/parents-supporting-parents Online Meetings. Call for info: 860-744-4074 or email commsdirector@ctfsn.org
- **Inspire Recovery:** Online. Group Therapy Services for Teens, Adults, and Parents struggling with mental health challenges. Email info@inspirerecoveryct.com to register for link. inspirerecoveryct.com/wellness-workshops
- **Join The Conversation: Parents Helping Other Parents:** For parents concerned about the mental health of their teenagers. Concerns ranging from depression, anxiety, school or peer pressure, drugs, alcohol, disordered eating, self-harm, etc. Online and In person, visit parentshelpingparents.org/virtual-support-groups for more information
- **NAMI CAN CT Support Group – Child and Adolescent Network:** namisouthwestct.org/support-and-education/support-groups/nami-child-and-adolescent-network-can-support
 - **Online.** Every Wednesday, 10AM - 11:30AM. Contact Evan at epagano@me.com for the meeting password.
 - **Online.** 1st Monday of the Month, 10AM - 11:30AM. Contact Beth at 203-984-0123 or Vanessa at 203-970-4130 for meeting password.
 - **In Person - Darien.** 1st Thursday of the Month, The Depot - 25 Heights Road, Darien
 - **In Person - Westport.** 2nd Thursday of the Month, Church of the Holy Trinity - Tower Room, 75 Church St. Westport
- **NAMI – Friends & Family Community Support Groups:**
 - **Norwalk:** Third Tuesday of the Month, 6:45PM-8PM at Rowayton United Methodist Church.
 - **Fairfield:** Third Wednesday of the Month, 7PM - 8PM at First Church Congregational.
 - **Westport:** Fourth Wednesdays of the Month, 6:30PM - 8PM at Greens Farms Church.
 - **Online:** First Tuesday of the Month, 6:30PM - 8PM, register at chosen date: www.namisouthwestct.org/online-support

- **[NAMI – Opioid Support – Family Group Meetings](http://namict.org/find-support)**: namict.org/find-support Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org
- **[New Canaan Parent Support Group](http://ncparentsupportgroup.org)**: ncparentsupportgroup.org Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available on the website. Contact Info: Paul – 203-564-6374
- **[Positive Directions Friends and Families Group](http://www.positivedirections.org/support-groups)**: www.positivedirections.org/support-groups Online, Zoom Meetings. Weekly, Mondays 5 – 6PM. Zoom Invite Meeting Info available on the website. Contact: info@positivedirections.org
- **[SMART Recovery Groups for Friends & Family](http://turningpointct.org/smart)**: turningpointct.org/smart Online, Zoom Meetings. Meetings times and contact info available on the website.
- **[Shoke Jewish Family Service - Caregivers Support Groups](#)**
 - Bereavement Support Group - Mondays at 4:00 PM
 - Spousal Bereavement Support Groups - Wednesdays at 5:00 PM
 - Caregiver Support Group - Wednesdays at 4:00 PM
 - Divorce Support Group - Mondays at 1:00 PM

Contact info available at: ctjfs.org/groups

We created “OK to Talk About It” to encourage people to have conversations about their mental health because however you’re feeling, it’s OK to Talk About It! Check out the website for resources in English and Spanish.

HOW are you
REALLY?



- | | |
|---|--|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Lonely |
| <input checked="" type="checkbox"/> Depressed | <input type="checkbox"/> Angry |
| <input type="checkbox"/> Overwhelmed | <input checked="" type="checkbox"/> Hopeless |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Frustrated |

Start talking about how you REALLY feel and break the stigma around mental health.

OkToTalkAboutIt.org





Catalyst CT

The Hub

Catalyst CT, The Hub is the state-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwestern Connecticut—the 14 communities from Greenwich to Stratford. We are a division of Catalyst, whose mission is to empower people and transform communities.

Our role is to serve as a strategic partner and resource for the region, supporting and coordinating initiatives related to mental health, suicide, substance misuse, and problem gambling, and liaising between the region and the state. We do this by:

- **Conducting regional needs assessments** — to develop epidemiological profiles and priority recommendations for behavioral health prevention, treatment, and recovery.
- **Supporting Local Prevention Councils** — helping our towns prevent substance misuse and promote mental health through technical assistance, coordination, and mini grants, including the State Opioid Response grants.
- **Organizing Catchment Area Councils** — bringing behavioral health consumers and providers together to identify service needs and make recommendations about treatment and recovery.
- **Convening the Southwest CT Suicide Advisory Board** — to develop regional strategies and capacity to address suicide from prevention through postvention.
- **Supporting the Region 1 Gambling Awareness Team** — to provide education about problem gambling and gaming.
- **Serving as strategic community partners** — advising and providing resources to stakeholder groups such as the Community Health Improvement Projects and Opening Doors Fairfield County, and representing our region on many state-level advisory boards.
- **Leading and supporting advocacy efforts** — educating elected officials and other leaders.
- **Helping address the opioid epidemic** — providing community trainings, Narcan, and awareness campaigns.
- **Promoting Recovery Friendly Workplace Initiative** — Conduct outreach and support organizations who want to be a Recovery Friendly Workplace – helping employers shift to a policy environment that emphasizes help, hope, and the economic potential of healthy employees even as they recover from substance misuse. Contact us for your organization’s certification.

Please visit our website, CatalystCT.org/TheHubCT, for resource guides, lists of free peer supports, online screenings, awareness videos and downloadable resources on a wide range of topics, a searchable calendar of events and trainings, and more information.