



**Catalyst CT**

**The Hub**

**Free Peer Support Groups for  
Behavioral Health**

**Southwestern Connecticut**

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



[CatalystCT.org/TheHub](https://CatalystCT.org/TheHub)



[Visit YouThinkYouKnowCT.org](https://VisitYouThinkYouKnowCT.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: [thehub@catalystct.org](mailto:thehub@catalystct.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
- 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)
- Smoking Quitline: Call 800-QUITNOW
- Substance Use Access Line: 1-800-563-4086
- Problem Gambling Helpline: 1-888-789-7777
- 24/7 National Maternal Health Hotline 1-833-TLC-MAMA

### 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.
- Narcóticos Anónimos: 1-800-627-3543 Presione #2 para Español
- 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 866-205-9770

## AUTISM SPECTRUM

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

## BRAIN INJURY

- **A.B.I. Resources Connecticut Brain Injury:** [ctbraininjury.com](http://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.
- **Brain Injury Alliance of Connecticut:** [biact.org](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:karen.i@thecenterct.org) to register.

- **The Rowan Center:** [therowancenter.org/support-groups](http://therowancenter.org/support-groups) Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Contact: 203-348-9346 or [info@therowancenter.org](mailto:info@therowancenter.org)

## DUAL DIAGNOSIS

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

## EATING DISORDERS

- **Overeaters Anonymous:** [swctoa.org/meeting-list](http://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](http://ccpg.org) Call the Helpline at 888-789-7777 (24/7) or text “CTGAMB” to 53342 and Online Chat (24/7) [ccpg.org/chat](http://ccpg.org/chat)
- **Connecticut and Western Massachusetts Gamblers Anonymous:** [ctwmaga.org/meetings](http://ctwmaga.org/meetings) Online, Zoom meetings. Contact Info: 855-222-5542 & [ctwmaga@yahoo.com](mailto:ctwmaga@yahoo.com)

## LGBTQIA+

- **Trans Lifeline:** [translifeline.org/hotline](http://translifeline.org/hotline) Call Lifeline 24/7 at 877-565-8860.
- **Connecticut Pride Center – Triangle Community Center:** 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: [ctpridecenter.org/programs/groups/](http://ctpridecenter.org/programs/groups/)
- **NAMI – Rainbow Connections:** [namict.org/find-support](http://namict.org/find-support) Online Meetings, Zoom. Every Wednesday at 6PM. Contact Val at – [tbernard@namict.org](mailto:tbernard@namict.org)
- **Trevor Project:** [thetrevorproject.org](http://thetrevorproject.org) Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)

- **Kids in Crisis – Westport (& Surrounding Towns) Lighthouse LGBTQ Youth Group:** Visit: [www.kidsincrisis.org/get-help/lighthouse/](http://www.kidsincrisis.org/get-help/lighthouse/) for updated details, address and/or Zoom link.
  - Westport – 3rd Thursdays 3:30-5 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
  - Ridgefield – 2nd Thursdays, 5:30 – 7 pm @ Ridgefield Teen Barn, 10 Governor St.
  - Wilton – 3rd Fridays 3-4 pm @ Wilton Library 137 Old Ridgefield Rd, Wilton
  - Bridgeport – 4th Thursday 3:30-5 pm @ Bridgeport Pride Center, 166 Elm St.
  - The Lighthouse Program provides social outings, barbeques, parties etc for LGBTQIA+ kids, and hosts guest speakers. Contact: Phone: 203-622-6556. Email: poler@kidsincrisis.org

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

- **Confidant Health Support Groups:** Groups regularly meet virtually, facilitated by trained professionals and peers, specializing in addiction and mental health treatment. For registration and more information, visit [confidanthealth.com/virtual-support-groups](http://confidanthealth.com/virtual-support-groups)
- **Clutterers Anonymous:** has a variety of resources for those struggling with letting go of possessions, such as reflections & in-person meetings. Friends and family members welcome if accompanying a clutterer. Tuesdays, 1-2 PM. Contact Judy F: 866-402-6685 or clutterCT@gmail.com
- **Community Mindfulness Project:** offers in-person and virtual meditation sessions; free to attend and open to the public. Find their upcoming dates and times at [communitymindfulnessproject.org/joinus](http://communitymindfulnessproject.org/joinus)
- **Depression and Bipolar Support Alliance (DBSA):** [dbsalliance.org/support](http://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](http://cthvn.org) Online Zoom Meetings and Call-In Groups. Visit the website for contact info for different groups. General Contact Info: Skye – 860-505-7581 or [cthvn@advocacyunlimited.org](mailto:cthvn@advocacyunlimited.org)
- **Hoarding Support:** [hoardingcleanup.com](http://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:** 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](mailto:info@movetohealct.org) [movetohealct.org/services#Recovery-Meetings](http://movetohealct.org/services#Recovery-Meetings)
- **NAMI – Friends & Family Community Support Groups:** Online: First Tuesday of the Month, 6:30PM - 8PM, register at chosen date: [namisouthwestct.org/support-and-education/support-groups](http://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: First Wednesday of the Month, 6:45PM-8PM at Rowayton United Methodist Church.
  - Greenwich: First Monday 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 Connections:** [namict.org/find-support](http://namict.org/find-support) Online, Zoom Meetings. Mondays, Wednesdays, or Fridays, 3PM. For meeting password, contact Don: 475-449-1733 or email [info@namict.org](mailto:info@namict.org) or [dfischer@namict.org](mailto:dfischer@namict.org).
- **NAMI Continuum:** 2nd Thursdays of the month, 6-7PM. For individuals ages 30+ seeking a non-traditional style group.
  - **NAMI Continuum** -2nd Thursdays of the month, 6-7PM. For individuals ages 30+ seeking a non-traditional style group.
  - **NAMI Out of the Abyss:** for youth and adults with suicidal ideation. Several times and locations for different groups, see website.
  - **NAMI AANHPI Connection Group:** 4th Monday of the month, For people who identify as Asian American, Native Hawaiian and Pacific Islander (AANHPI) and are living with any mental health challenge. Contact Perry at [aanhpi.connect@gmail.com](mailto:aanhpi.connect@gmail.com) for more info
- **OCD Support - First Church Congregational, Fairfield County:** [fairfieldocdgroup.freehostia.com](http://fairfieldocdgroup.freehostia.com) Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or [fairfieldocdgroup@gmail.com](mailto:fairfieldocdgroup@gmail.com)
- **Positive Directions SMART Recovery Adult Group:** Tuesdays, 6-7PM, Zoom. Break free of negative self-talk or harmful habits to cope with anxiety or addiction. Visit: [www.positivedirections.org/support-groups](http://www.positivedirections.org/support-groups)
  - Positive Directions also 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.

- **SMART Recovery:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Friends & Family:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Rowan Center Women 40+ Support Group:** Bi-weekly on Thursdays from 5:00 – 6:00 p.m. Virtual. For self-identifying female survivors of sexual violence ages 40+. Visit [www.therowancenter.org/support-groups/](http://www.therowancenter.org/support-groups/) to sign up through the contact form.
- **The Rowan Center Queer Survivor Support Group:** For LGBTQ+ survivors of sexual abuse, ages 18+, no matter when the abuse occurred. Register or request more information by contacting Marsha Placide at [mplacide@therowancenter.org](mailto:mplacide@therowancenter.org) or 203-487-066
- **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](mailto:karen.i@thecenterct.org) to register.
- **Toivo Center – Alternatives to Suicide:** Zoom. A Peer-run support group for people suffering with suicidal thoughts or actions themselves or of others. Visit [toivocenter.org/alternatives-to-suicide](http://toivocenter.org/alternatives-to-suicide) for upcoming dates & times

## SEX ADDICTION

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

## SUBSTANCE USE

- **Mountainside Support Groups**  
Contact info available at: [ctjfs.org/groups](http://ctjfs.org/groups)
  - Alcoholics Anonymous - Fridays 7:30-8:30PM, hybrid
  - Veterans Recovery Support Group - Wednesdays 6:30-7:30PM, virtual
  - Friends and Family Support Group - Wednesdays 6:30-8PM, virtual
  - Let's talk Kratom Support Group - Tuesdays 7-8PM, virtual
- **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: [newcanaanalateen@gmail.com](mailto:newcanaanalateen@gmail.com)

- **CCAR:** [ccar.us](http://ccar.us) Virtual Support Meetings and Telephone Recovery Support. Services and Times available on the website. Contact Info: 866-205-9770
- **CT Alcoholics Anonymous:** [ct-aa.org/meetings](http://ct-aa.org/meetings) Online & In-Person Meetings. Times and more info on the website. General Info: 866-783-7712
- **CT Regions of Narcotics Anonymous:** [ctna.org](http://ctna.org) In-Person & Online Meetings. Meetings times and contact info available on the website. General Info: 800-627-3543 or [info@ctna.org](mailto:info@ctna.org)
- **Family Re-Entry, Community Center:** There are many support groups available for different needs and age groups. Visit their website or call 475-223-0333 to register.
- **Move to Heal CT:** 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](mailto:info@movetohealct.org) [movetohealct.org/services#Recovery-Meetings](http://movetohealct.org/services#Recovery-Meetings)
- **NAMI – Recovery Support Check Ins:** [namict.org/find-support](http://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](mailto:info@namict.org) or [dfischer@namict.org](mailto:dfischer@namict.org).
- **NAMI – Opioid Support – Family Group Meetings:** [namict.org/find-support](http://namict.org/find-support) Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or [pbrainerd@namict.org](mailto:pbrainerd@namict.org)
- **New Canaan Parent Support Group:** Thurs, 7 PM at St. Mark's Episcopal Church, 111 Oenoke Ridge, New Canaan. Contact 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](http://mountainside.com/support-groups/recovery-support-group) for more info and to register
- **RIPPLE Rocking Recovery Late Night Support Group:** [rockingrecovery.org/zoom-meetings](http://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](mailto:RockingRecovery.org@gmail.com)
- **SMART Recovery:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Meetings times and contact info available on the website.

- **SMART Recovery Groups for Friends & Family:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** <https://ctsupportgroup.org/smart/> Online, Zoom Meetings. Times and contact info available on the website.
- **Substance Use Access Line:** Call 800-563-4086
- **Women for Sobriety:** [womenforsobriety.org/meetings](http://womenforsobriety.org/meetings) Online Meetings. Meetings times and contact info available on the website. General Info: 215-536-8026 or [contact@womenforsobriety.org](mailto:contact@womenforsobriety.org)

## SUICIDE LOSS, BEREAVEMENT AND GRIEF

- **American Foundation for Suicide Prevention – Healing Conversations:** [afsp.org/healing-conversations](http://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](http://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](http://familycenters.org/Support-Groups-and-Services) Offers a range of specific bereavement/grief support and counseling groups, Zoom. See their website for groups available and more information, including contact info and meeting times.
- **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/parents-helping-parents](http://voicescenter.org/parents-helping-parents)
- **Schoke Jewish Family Service:** Bereavement Support Group - Zoom, Mondays at 4:00 PM Visit: [ctjfs.org/counseling/groups](http://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](http://supporteachother.org)
  - **Trumbull:** 2nd Wednesdays from 7PM – 8:30PM. Virtual. Email [gillian@myfriendabby.org](mailto:gillian@myfriendabby.org) or [toddfelleg@gmail.com](mailto:toddfelleg@gmail.com)
  - **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](mailto: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 GROUPS):

- **The Den for Grieving Kids – Young Adult Bereavement Group:** [familycenters.org/The-Den-for-Grieving-Kids](http://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>
- **1:1 Peer Support for Teens and Young Adults:** For high school students dealing with anxiety and to learn helpful skills. Wednesdays, 4PM - 5PM. Zoom. Visit [www.positivedirections.org/events](http://www.positivedirections.org/events) to RSVP.
- **NAMI – Young Adult Connection Community Groups:** [namict.org/find-support](http://namict.org/find-support) Online, Zoom Meetings. Meetings times and contact info available on the website.
- **The Rowan Center Support Group:** Wednesdays, 6PM - 7PM. Zoom. For victims and survivors of sexual abuse. Visit [www.therowancenter.org/support-groups/](http://www.therowancenter.org/support-groups/) to sign up through the contact form
- **SMART Young Adult Meetings:** [ctsupportgroup.org/peer-support](http://ctsupportgroup.org/peer-support) Online, Zoom Meetings. Meetings times and contact info available on the website.
- **SMART Recovery Groups for Teens:** [ctsupportgroup.org/peer-support](http://ctsupportgroup.org/peer-support) Online, Zoom Meetings. Meetings times available on website.

- **CT Support Group:** [ctsupportgroup.org](http://ctsupportgroup.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:** [alz.org/ct](http://alz.org/ct) Online Meetings. Contact Info: Call 800-272-3900 for program details.
- **Community Autism Socials at Yale:** [meetup.com/ProjectCASY](https://meetup.com/ProjectCASY) Social groups for adults with ASD & parents
- **Immigrants Rising Wellness Support Groups:** 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](http://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](mailto:stevenwilcox@gmail.com). Sponsored by the Fairfield County Trauma Response Team
- **Positive Directions Alzheimer's Support Group:** Every Other Thursday at 10AM. Zoom. For Alzheimer caregivers to seek advice and encouragement. Visit: [www.positivedirections.org/support-groups](http://www.positivedirections.org/support-groups)
- **Shoke Jewish Family Service:** Divorce Support Group - Mondays at 1:00 PM. Contact info available at: [ctjfs.org/groups](http://ctjfs.org/groups)
- **Toivo Women's Group:** 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:** Groups include: Yoga, Live Qigong, Creative Expressions and more. Zoom. Visit: <http://toivocenter.org/calendar/> for upcoming dates & times

#### PARENTING SUPPORT FOR CAREGIVERS OF CHILDREN WITH BEHAVIORAL & EMOTIONAL NEEDS

- **CT Family Support Network (CTFSN) – Parents Supporting Parents:** [ctfsn.org/parents-supporting-parents](http://ctfsn.org/parents-supporting-parents) Online Meetings. Call for info: 860-744-4074 or email [commsdirector@ctfsn.org](mailto:commsdirector@ctfsn.org)
- **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](http://parentshelpingparents.org/virtual-support-groups) for more info

- **It's all Relative:** A virtual, free, peer-led support group for anyone whose loved ones are living with behavioral health challenges. 1st Tues of every month, 7-8PM. Email [IARGroup2023@gmail.com](mailto:IARGroup2023@gmail.com) for info and/ or zoom link
- **NAMI CAN CT Support Group – Child and Adolescent Network:** [namisouthwestct.org/support-and-education/support-groups/nami-child-and-adolescent-network-can-support](http://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](mailto:epagano@me.com).
  - **Online.** 1st Monday of the Month, 10AM - 11:30AM. Contact Beth at [beth44es@gmail.com](mailto:beth44es@gmail.com) or Vanessa at [eliasvanessa5@gmail.com](mailto:eliasvanessa5@gmail.com)
- **NAMI – Friends & Family Community Support Groups:**
  - **Norwalk:** Third Tuesday of the Month, 6:45PM-8PM at Rowayton United Methodist Church. Email [claudiadevita1123@gmail.com](mailto:claudiadevita1123@gmail.com) for more info.
  - **Westport:** Fourth Wednesdays of the Month, 6:30PM - 8PM at Greens Farms Church.
  - **Greenwich:** 1st Monday of the Month, 6:45PM - 8PM at Greenwich Hospital/Noble Conf. Room, 5 Perryridge Rd, Greenwich.
  - **Stamford:** 2nd Tuesday of the Month, 7PM - 8:30PM at Stamford Hospital - Tully Brace Auditorium, 32 Strawberry Hill Court, Stamford
- **NAMI – Opioid Support – Family Group Meetings:** [namict.org/find-support](http://namict.org/find-support) Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or [pbrainerd@namict.org](mailto:pbrainerd@namict.org)
- **New Canaan Parent Support Group:** [ncparentsupportgroup.org](http://ncparentsupportgroup.org) In person. Weekly, Thursdays, 7PM – 8:30PM. Library Room, St. Mark's Church, 111 Oenoke Ridge, New Canaan. Contact Info: Paul – 203-564-6374
- **Positive Directions SMART Friends and Families Group:** [www.positivedirections.org/support-groups](http://www.positivedirections.org/support-groups) Online, Zoom Meetings. Weekly, Thursdays 6-7PM. Zoom Invite Meeting Info available on the website. Contact: [info@positivedirections.org](mailto:info@positivedirections.org)
- **Shoke Jewish Family Service - Caregivers Support Groups** Contact info available at: [ctjfs.org/groups](http://ctjfs.org/groups)
  - Bereavement Support Group - Mondays at 4:00 PM
  - Spousal Bereavement Support Groups - Wed at 5PM and 6PM
  - Caregiver Support Group - Wed at 12PM, 2:30PM, 4PM, and 5:30PM
  - Divorce Support Group - Tues at 12:00 PM in-person and virtual



# 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 CT, and together we 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 prevention, substance misuse, problem gambling, and liaising between the region and the state. We do this by:

- **We convene regional workgroups and coalitions**, including the Regional Cannabis Awareness Team, the Regional Suicide Advisory Board, and the Regional Gambling Awareness Team. If you're interested in attending any of our meetings, find more information at [CatalystCT.org/get-involved](https://CatalystCT.org/get-involved).
- **We support Local Prevention Councils** in our towns in preventing substance misuse and promoting mental health through technical assistance, coordination, and mini-grants.
- **We serve as a strategic community partner** by advising and providing data, resources, and funding to various community partners. We also represent our region on many state-level advisory boards.
- **We lead and support advocacy efforts** by informing elected officials and other leaders of the importance and impact of our initiatives and mission.
- **We conduct regional needs assessments**, and develop region-wide priorities for prevention, treatment, and recovery related to behavioral health concerns for all ages.
- **We address opioid poisonings** by providing community trainings, naloxone kits, and awareness campaigns.
- **We support organizations** in their efforts to create more inclusive communities related to behavioral health recovery.

**Please visit our website, [CatalystCT.org/TheHub](https://CatalystCT.org/TheHub), for digital versions of this guide, other downloadable resources on a wide range of topics, a calendar of events and trainings, and more information.**