

Free Support Group Meetings In Houston

Monday

What: Support Group Meeting
When: 5:45-6:45pm
Where: The Healthy Weigh
6300W Loop S, Suite 300
Bellaire, TX 77401
Contact: Michelle 713-622-6422 x4

Tuesday

What: After 9 meeting
When: 6:30-7:30pm
Where: The Council on Alcohol and
Drugs
303 Jackson Hill Street
Houston, TX 77007
Rm: 1st floor (ask receptionist)
Contact: Amy 281-200-9373

Wednesday

✧ **What:** Open EDA (Eating Disorders Anonymous) Meeting
Who: Those with a desire to recover from an eating disorder, family, friends, and others. No cost.
When: Wednesday 8:00-9:00 p.m.
Where: 1501 Crocker, Suite 1
Houston, TX 77019
Questions: Email LeeAnn Ripstra at lripstra@hotmail.com

Saturday

What: Eating Disorders Anonymous
When: 11am - Noon
Where: The Council on Alcohol and
Drugs
303 Jackson Hill Street
Houston, TX 77007
Rm #B167
Contact: Ashley 713-857-2549 or
Amy 281-200-9373

SOUTHEAST HOUSTON:

What: ANAD Support Group
Location and time to be announced.

Contact Alicia San Miguel at
aliciaboudar@gmail.com or 832-318-9713.

Friday

What: SMART Recovery Self-Help Group
Where: Bay Area Unitarian Universalist Church
17503 El Camino Real,
Houston, TX 77058
When: 7pm-8pm
Facilitator/Contact: Rob Williams 281-705-4307 or Alicia San Miguel 832-318-9713

SMART Recovery is an alternative program for individuals with any addiction issue. More information at:
www.smartrecovery.org.