



Free Peer Support Groups for Behavioral Health in Southwest Connecticut (for individuals & families)



ESPAÑOL/SPANISH Grupos de apoyo en español

- **Alcohólicos Anónimos en español:** 855-377-2628.
- **Narcóticos Anónimos**
- **NAMI:** Apoyo para familiares de individuos con desórdenes de salud mental
- **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**
- **CCAR - Lengua Espanola ARM (Virtual):** CCAR auspicia la Lengua Espanola Arm cada Jueves de 11:15AM - 12:15PM. Para participar en una conferencia de Zoom, seleccione abajo.

Revise nuestra pagina de COVID para mas información pertinente a grupos específicos de apoyo y actividades de salud

Autism Spectrum

- **Community Autism Socials at Yale:** Social groups for adults with ASD & parents Online Events
- **GRASP:** Chat groups with free enrollment to the site, Online. Contact Info: info@grasp.org

Bereavement/Grief (see also Suicide Loss)

- **Family Centers:** Offers a range of specific bereavement/grief support and counseling groups, Zoom. Contact info for different groups available by following this link
- **Jewish Family Service of Fairfield County** – Living with Loss Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org

Brain Injury

- **Brain Injury Alliance of Connecticut:** Online Tele-meetings, Zoom. Contact info for different groups available by following this link.
- **A.B.I. Resources Connecticut Brain Injury:** Helpline 860-942-0365 *Note: some of the support groups listed on this site are no longer running due to COVID. Contact info for different groups available by following this link.

Dual Diagnosis:

- **Depression and Bipolar Support Alliance:** Online meetings.

Eating Disorders

- **National Eating Disorders Association (NEDA):** Online Chat Helpline (Mon - Thurs: 9AM – 9PM & Fri: 9AM – 5PM), call Hotline at 800-931-2237 (Mon – Thurs: 11M – 9PM, Fri: 11AM – 5PM), or text 800-931-2237 (Pilot hours: Mon – Thurs: 3PM – 6PM)
- **Overeaters Anonymous:** Virtual Online Meetings, Zoom and Telephone meetings. Contact info for different groups available by following this link

Gambling

- **Connecticut Council on Problem Gambling:** Call Hotline 888-789-7777 (24/7) or text “CTGAMB” to 53342 and [Online Chat](#) (24/7)
- **Connecticut and Western Massachusetts Gamblers Anonymous:** Online, Zoom meetings. Contact Info: 855-222-5542 & ctwmaga@yahoo.com
- **Problem Gambling Helpline:** Call 888-789-7777

LGBTQIA+

- **Kids in Crisis – Lighthouse LGBTQ Youth Group:** Meetings are at the Avon Theatre at 272 Bedford St, Stamford, every Tuesday, 5PM – 6:45PM *Note: must wear a mask and respect social distancing at all times. Contact Info: 203-622-6556
- **Kids in Crisis – Lighthouse LGBTQ Youth Hotline:** (24/7) 203-661-1911
- **Connecticut Pride Center – Triangle Community Center:** Online Meetings, Zoom. *Note: Visit the Upcoming Events calendar, click on the group of your interest, contact info and Zoom links are available
- **Connecticut Pride Center – Triangle Community Center:** Facilitated 24/7 Discord chat space. Contact: Alexandra Raucci – alexandra@ctgay.org for invitation link
- **NAMI – Rainbow Connections:** Online Meetings, Zoom. Every first and third Thursdays of every month at 6PM. Contact Info: Val – vlepoutre@namict.org or Serena – 650-561-5525
- **Trevor Project:** Call Helpline (24/7) 866-488-7386 Chat Online (24/7) or Text “START” to 678-678 (24/7)
- **Trans Lifeline:** Call Hotline (Daily, 10AM – 5AM) 877-565-8860

Mental Health (see also Young Adult & Additional Support Groups)

- **Clutterers Anonymous:** Zoom Meetings, Phone Meetings & Phone Activity Meetings. Contact info for different groups available by following this link and viewing calendar of events.
- **Depression and Bipolar Support Alliance (DBSA):** Online Support Groups. Call Emergency Hotline: 800-273-8255 or Text “DBSA” to 741- 741. General Contact Info: 800-826-3632
- **Hearing Voices:** Online Zoom Meetings and Call-In Groups. Contact info for different groups available by following this link. General Contact Info: Skye – 860-952-4050 or scollins@advocacyunlimited.org
- **Hoarding Support:** 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.
- **First Church Congregational, Fairfield County - OCD Support Group:** Virtual Group Meetings, Zoom. Contact Info: 203-372-4593 or fairfieldddocgroup@gmail.com
- **NAMI – Recovery Support Check Ins:** Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- **Toivo Center – Alternatives to Suicide:** Online, Zoom Meetings. Follow the link to sign up. General Contact Info: 860-296-2338
- **DMHAS & United Way of Connecticut – Adult Telephone Intervention and Options Network (ACTION):** crisis line for adults 18 years and older experiencing a mental health or emotional crisis. Call crisis line (24/7): 211 or 1-800-HOPE- 135
- **Mental Health Warm Lines:** General Contact Info: Cheri – 860-418-6935

Warmlines are telephone support services, not crisis lines

- **Bridgeport Soundview Warmline:** 800-921-0359 (Daily, 9AM – 9PM)
- **CT Behavioral Health Partnerships Warmline:** 877-552-8247 – select prompts 1 & 3 (Mon – Fri: 9AM – 5PM)
- **JoinRiseBe Statewide Young Adult Peer Initiative/Warmline:** 855-6-HOPENOW (Daily, 12PM – 9PM)

Free Support Lines

- **Reach Out Connecticut:** 1-844-TALK-4CT (Mon – Thurs: 8:30AM – 7PM, Fri: 8:30AM – 6PM, Sat & Sun: 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:** 888-770-4478 (Mon – Fri: 9AM – 5PM)

Sex Addiction

- [**Sex Addiction Anonymous \(SAA\)**](#): Telemeetings, Online Zoom Meetings. Meetings times and contact info available by following this link.

Interpersonal Violence & Challenges

- [**RCT Women's Center**](#): Online, Virtual Support Groups. Contact Info: 203- 731-5200 ext. 258
 - SOAR: support for women who experienced domestic violent: Tuesdays, 6:30PM – 8PM
 - Voices of Courage: support for men who experienced sexual assault or abuse: Mondays, 6:30PM – 8PM
 - Thrive: support for women with relationship challenges or past traumas: Mondays, 11AM – 12:30PM & Tuesdays, 4PM – 5:30PM
 - Breaking the Silence: support for women who experienced sexual assault or abuse: Mondays, 5PM – 6:30PM
 - Guys' Group: support for men who've experienced unhealthy relationships, verbal, physical abuse: Tuesdays, 5:30PM – 7PM. Email karen.i@wcogd.org
- [**The Rowen Center**](#): Online Meetings. Available in English & Spanish. Weekly & Biweekly events. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- [**The Rowen Center**](#): Online Self-Care Art Group. Every other Friday, 2PM – 3:30PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- [**Domestic Violence Hotline**](#): Call 203-731-5206 or 888-774-2900
- [**Sexual Assault Hotline**](#): Call 203-731-5204 or 888-999-5545

Substance Use & Addiction

- [**CT Alcoholics Anonymous**](#): Online & In-Person Meetings. Meetings times and contact info available by following this link. General Contact Info: 866-783-7712
- [**RIPPLE**](#): Online, Zoom Meetings. Weekly, Tuesdays, Thursdays & Sundays, 10PM – 12AM. Zoom Invite Meeting Info available by following this link. Contact Info: RockingRecovery.org@gmail.com
- [**New Canaan Parent Support Group**](#): Online, Zoom Meetings. Weekly, Thursdays, 7PM – 8:30PM. Zoom Invite Meeting Info available by following this link. Contact Info: Paul – 203-564-6374
- [**C.A.R.E.S.**](#): Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- [**Positive Directions SMART Recovery – Family & Friends Group**](#): Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org

- [**NAMI – Friends & Family Community Support Groups**](#): Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- [**NAMI – Opioid Support – Family Group Meetings**](#): Online, Google Hangout Meetings. Mondays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [**NAMI – Opioid Support – Recovery Group Meetings**](#): Online, Google Hangout Meetings. Wednesdays, 6:30PM – 7:30PM. Contact Info: Paul – 860-882-8674 or pbrainerd@namict.org or Pat – admin@namict.org
- [**SMART Recovery**](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [**SMART Recovery Groups for Friends & Family**](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [**SMART Recovery Groups for Teens**](#): Online, Zoom Meetings. Meetings times and contact info available by following this link.
- [**CCAR**](#): Online Recovery Coach Chat, Online Coffee Lounge Chat, Virtual Support Meetings and Telephone Recovery Support. Services and Meeting Times available by following this link. Contact Info: 866-205-9770
- [**CT Regions of Narcotics Anonymous**](#): In-Person & Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-627-3543 or info@ctna.org
- [**Women for Sobriety**](#): Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 215-536-8026 or contact@womenforsobriety.org
- [**Substance Use Access Line**](#): Call 800-563-4086
- [**Smoking Quitline**](#): Call 800-QUITNOW

Suicide Loss

- [**American Foundation for Suicide Prevention – 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. Follow the link to fill out a form to be contact.
- [**Charter Oak Family Center – Survivors of Suicide Attempts \(SOSA\)**](#): Online Meetings. Tuesdays, 6:30PM – 8:00PM. Contact Steve: 860-268-4953

Youth and Young Adults (see also Mental Health and Additional Support Groups):

- **[NAMI – Young Adult Connection Community Groups](#)**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **[SMART Young Adult Meetings](#)**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **[The Rowen Center – College Student Support Group for victims and survivors of sexual abuse \(18 and over\)](#)**: Online, Zoom Meetings. Every Monday and Tuesday, 12PM – 1PM. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **[The Den for Grieving Kids – Young Adult Bereavement Group](#)**: Online Meetings. Alternate Wednesdays, 7PM – 8PM. Contact Julianne Green: 203-655-4693
- **[Turning Point CT](#)**: Online Forums, Podcasts, and Call Helpline: 800-273-8255 or text “CTL” to 741741
 - Teen Socials: 2nd Tuesday of each month at 6PM & Last Saturday at 1PM
 - Young Adult Socials: 4th Wednesday of each month at 6PM
- **[CT Young Adult Warmline](#)**: Call 855-6-HopeNow (Daily, 12PM – 9PM)

Additional Groups:

- **[Positive Directions – Teacher Support Group](#)**: Wednesdays, 7PM – 8PM. Contact Info: Angelina – 203-227-7644 or amiceli@positivedirections.org
- **[NAMI –Veteran Connection Recovery Support Group](#)**: The first and third Wednesday of every month at 6:30PM. Online, Zoom Meetings. Contact Info: Don – 203-378-2500, Pat – admin@namict.org or Mandi – 203-589-0628
- **[SMART – Medical & Mental Health Professionals in Recovery](#)**: Online Peer Support Forum
- **[The Rowan Center – Empowerment Group for Women](#)**: Online, Zoom Meetings. Follow the link to sign up. Contact Info: 203-348-9346 or info@therowancenter.org
- **[The Rowen Center – Healthy Relationship & Self-Esteem Empowerment Group](#)**: Online, Zoom Meetings. Follow the link to sign up & express interest. Contact Info: 203-348-9346 or info@therowancenter.org
- **[CT Legal Services’ Immigrant Legal Advice Hotline](#)**: Call 800-798-0671
- **[Institute on Aging – Friendship Hotline/Warmline](#)** for any person 60+ years old living with a disability & caregivers of older disabled adults: Call 800-971-0016 (24/7)

- **[Alzheimer’s Association - Caregiver Support Groups](#)**: Online Meetings. Contact Info: Call 800- 272-3900 for program details
- **[Jewish Family Service of Fairfield County – Let’s Talk](#)**: Meet new people and engage in meaningful conversation about a variety of topics. Contact Info: Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org
- **[Jewish Family Service of Fairfield County – Divorce Support Group](#)**: Contact Info: Lois Meyer at 203-921-4161 or LMeyer@ctjfs.org

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

- **[C.A.R.E.S.](#)**: Online, Zoom Meetings. Weekly, Mondays, 7PM – 9PM. Zoom Invite Meeting Info available by following this link.
- **[SMART Recovery Groups for Friends & Family](#)**: Online, Zoom Meetings. Meetings times and contact info available by following this link.
- **[NAMI – Friends & Family Community Support Groups](#)**: Online, Zoom Meetings. Weekly. Meetings times and contact info available by following this link.
- **[Positive Directions SMART Recovery – Family & Friends Group](#)**: Online, Zoom Meetings. Weekly, Mondays 5PM – 6PM. Zoom Invite Meeting Info available by following this link. Contact Info: info@positivedirections.org
- **[Mountainside Friends & Family Support Group](#)**: Online Meetings. Meetings times and contact info available by following this link. General Contact Info: 800-500-0399

Parenting support for caregivers of children with behavioral & emotional needs:

- **[NAMI CAN CT Support Group – Child and Adolescent Network](#)**: Online, Zoom Meeting. January 4th 2021: 7PM – 8:30PM. Contact Info: Grace – 860-693-9310
- **[The Youth Mental Health Project – Parent Support Network](#)**: Online Meetings. Available for anyone in the country. Meetings times and contact info available by following this link.
- **[Autism Services & Resources CT \(ASRC\)](#)**: Online Meetings & Events. *Note: some events may require payment. Parent Support Groups are free. Meetings times and contact info available by following this link. General Contact Info: 203-265-7717
- **[CT Family Support Network \(CTFSN\) – Parents Supporting Parents](#)**: Online Meetings. Call for info: 877-376-2329 or commsdirector@ctfsn.org



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 the Regional Youth-Adult Social Action Partnership (RYASAP), whose mission is to serve as a catalyst for community change.

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.

Please visit our website, www.TheHubCT.org, 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.