

Free Community Support Groups



Ridgeview Institute offers a variety of free, open support groups for the community. For a complete list of groups, times, and locations, please visit our website at www.ridgeviewinstitute.com.

ACA/DF A 12-step support group whose purpose is to help individuals who grew up in alcoholic or otherwise dysfunctional homes.
Sunday, 2:00 p.m., PN

AI-Anon A 12-step support group whose purpose is to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend.
Monday, 8:00 p.m., DH

Intro to AI-Anon A meeting for first-time attendees. **Second Monday each month, 8:00 p.m., DH**

Alcoholics Anonymous 12-step group.
Sunday, 11:15 a.m., DH
Sunday, 8:00 p.m., DH
12-step Speaker Meeting
Monday, 8:00 p.m., DH
Wednesdays, 6:00 p.m., PN
Men's Night Out
First Friday each month, 7:45 p.m., DH
Speaker Meeting
Saturday, 11:00 a.m., DH
Women's AA & Men's AA
Saturday, 7:30 p.m., PN
Relationships in Recovery: 12-Step

ANAD (Anorexia/Eating Disorders)
A support group designed to help individuals suffering from eating disorders, as well as the families of those individuals.
Coming Soon

Baby Boomer's Guide to the 12-Steps
Book study for those born between 1946 – 1964. **Thursday, 4:40 p.m., PN**

Cocaine Anonymous A 12-step support group for those suffering from addiction.
Sunday, 8:05 p.m., DH
Monday, 8:00 p.m., PN
Tuesday, 8:00 p.m., PN
Wednesday, 8:00 p.m., PN
Friday, 8:00 p.m., PN

Codependents Anonymous A 12-step support group to help individuals develop healthy relationships.
Thursday, 7:00 p.m., DH

DBSA (Depression and Bipolar Support Alliance) A support group for individuals suffering from depression and mood disorders, as well as the families of those individuals.
Twice monthly (second & fourth Wednesday), 8:00 p.m., DH

EDA (Eating Disorders Anonymous)
A 12-step support group for those working toward recovery from eating disorders.
Saturday, 10:00 a.m., PN

Emotions Anonymous A 12-step support group for those working toward recovery from emotional difficulties such as depression, anger, grief, anxiety, etc.
Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday, 7:15 p.m., PN
Saturday, 11:00 a.m., PN

Family Support Group A free confidential group for family and friends of individuals with unresolved trauma, eating disorders, addictions, and co-occurring conditions).
Monday, 6:00pm, EE, Rm 4.

Gamblers Anonymous A support group for individuals suffering from a gambling problem.
Tuesday, 7:00 p.m., DH

Nar-Anon A 12-step support group whose purpose is to help relatives and friends of drug abusers.
Thursday, 8:00 p.m., DH

Narcotics Anonymous A 12-step support group for those who are suffering from addiction.
Sunday, 10:30 a.m., PN

OA (Overeaters Anonymous) A support group for individuals working toward recovery from binge eating issues.
Monday, 7:00 p.m., DH Rm 10

Sex Addicts Anonymous
A 12-step support group for those working to overcome sexual addiction or dependency. **Wednesday, 7:30 p.m., DH**

Sex & Love Addicts Anonymous
A 12-step support group for those seeking help with a sex addiction, love addiction or both. **Tuesday, 7:45 p.m., DH**

Interfaith Approach to Spiritual Growth
A non-denominational meeting to promote spiritual growth.
Sunday, 10:00 a.m., DH

Days, times, and locations frequently change without notice. For the most current information, please visit our website at www.ridgeviewinstitute.com.

DH = Day Hospital
PN = Professional Building North
EE = Cottage E-East, Young Adult Unit

Support groups at Ridgeview Institute are only open to individuals and/or families dealing with the particular issue related to each support group. Our groups **are not open** to observance by students or reporters at any time. Please respect the privacy and confidentiality of individuals attending such groups.



Ridgeview Institute has earned the Joint Commission's Gold Seal of Approval