

# 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](http://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 attenders. 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.  
Wednesday, 6:00 p.m., PN

**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  
Monday, 6:00 p.m., EE – room 3

**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

**FED (Friends and Family of People with Eating Disorders)** A support group designed to provide education, resources, and emotional support to people in relationships with anorexics, bulimics or binge eaters.  
Monday, 6:00 p.m., EE – room 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.  
Friday, 8:00 p.m., DH  
Sunday, 10:30 a.m., PN

**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](http://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