

# 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**

**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*