



# Full List of Support Groups October 2023

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All groups are free to attend. Groups are co-facilitated by an MHAOhio-trained peer and/or a mental health professional. All groups are non-clinical. For more information, please visit [mhaohio.org/events](http://mhaohio.org/events) or contact Erica Duncan at [eduncan@mhaohio.org](mailto:eduncan@mhaohio.org), or 614-257-7122. Events are also listed on Meetup.com.

## Depression, Bipolar, & Mood Disorders

### 📶 Depression Support Group (Riverside)

**Day & Time:** First & Third Thursdays, from 6pm to 7:15pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/depressionriverside](http://bit.ly/depressionriverside) or [mhaohio.org/events](http://mhaohio.org/events).

### 👤 Depression Support Group (North Central)

**Day & Time:** Second & Fourth Thursdays, from 7pm to 8:30pm

**Location:** 1301 N. High Street, Columbus, OH 43201

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](http://bit.ly/2groupregistration) or [mhaohio.org/events](http://mhaohio.org/events).

### 📍👤 Depression Support Group (Fairfield County)

**Day & Time:** First and Third Saturdays, from 11am-12pm

**Location:** Conference Room at 6767 Refugee Rd, Canal Winchester, OH 43110

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](http://bit.ly/2groupregistration) or [mhaohio.org/events](http://mhaohio.org/events).

### 👤 Bipolar Support Group (In Person)

**Day & Time:** First Saturday, 11am-12pm

**Location:** Room 3 at 7 W. Henderson Road, Columbus OH 43214

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](http://bit.ly/2groupregistration) or [mhaohio.org/events](http://mhaohio.org/events).

### 📶 Bipolar Support Group (Online)

**Day & Time:** Third Tuesday from 6pm to 7pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/bipolar4](http://bit.ly/bipolar4) or [mhaohio.org/events](http://mhaohio.org/events).

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# MHAOhio Support Groups

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## 📍 🧑 **Calm Connections for Stress (Fairfield County)**

**Day & Time:** Second and Fourth Thursdays, from 4:30pm to 5:30pm

**Location:** Temporarily online!

**Interested?** Register and access the meeting at [bit.ly/calmconnectionsff](https://bit.ly/calmconnectionsff).

## **Schizophrenia & Other Psychotic Spectrum Disorders**

### 🧑 **Voices Worth Hearing (East/Concord Counseling)**

**Day & Time:** Every Tuesday, from 3pm to 4pm

**Location:** 1221 E. Broad St., Columbus, OH 43203

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

### 📶 **Voices Worth Hearing (West/Community Support Network)**

**Day & Time:** Every Wednesday, from 11am to 12pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/voicescsn](https://bit.ly/voicescsn) or [mhaohio.org/events](https://mhaohio.org/events).

### 📶 **Voices Worth Hearing (Westerville/Concord Counseling)**

**Day & Time:** Every Wednesday, from 5pm to 6pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/voicesconcord](https://bit.ly/voicesconcord) or [mhaohio.org/events](https://mhaohio.org/events).

### 🧑 **Voices Worth Hearing (Westerville/Concord Counseling)**

**Day & Time:** Every Wednesday, from 6pm to 7pm

**Location:** 700 Brooksedge Blvd, Westerville, OH 43081

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

## 📍 🧑 **Coming Soon! Voices Worth Hearing (Fairfield County)**

We are now accepting applications for community members and mental health professionals who are interested in volunteering to help lead this group.

Learn more and apply at [mhaohio.org/get-involved/volunteer](https://mhaohio.org/get-involved/volunteer).

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# MHAOhio Support Groups

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## Anxiety & OCD

### Anxiety Support Group (In Person)

**Day & Time:** Coming Winter 2023/2024!

**Location:** Columbus Location TBD

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

### Anxiety Support Group (Fairfield County)

**Day & Time:** First and Third Wednesdays, from 7:30pm to 8:30pm

**Location:** Kula Yoga and Wellness at 18 W. Columbus St., Pickerington OH

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

### Anxiety Support Group (Online)

**Day & Time:** Second and Fourth Mondays, from 7pm to 8:30pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/anxiety7](https://bit.ly/anxiety7) or [mhaohio.org/events](https://mhaohio.org/events).

### GOALS for OCD Support Group

**Day & Time:** First and Third Wednesdays, from 6:30pm to 8:30pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/goalsforocd](https://bit.ly/goalsforocd) or [mhaohio.org/events](https://mhaohio.org/events).

### OCD Support Group (Purple)

**Day & Time:** Second Tuesday, from 5pm-6pm

**Location:** Zoom

**Interested?** Register and access the meeting at [bit.ly/ocdpurple](https://bit.ly/ocdpurple) or [mhaohio.org/events](https://mhaohio.org/events).

## Families In Touch

### Families In Touch (Riverside)

**Day & Time:** Second and Fourth Tuesdays, from 4:30pm-5:30pm

**Location:** The Dempsey Family Education and Resource Center at Riverside Hospital (3535 Olentangy River Road, Columbus OH 43214). Park in Red Garage.

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

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# MHAOhio Support Groups

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## Families In Touch (Family Advocate)

**Day & Time:** First Wednesday, from 6pm-7:30pm

**Location:** Red Room at 2040 W Henderson Rd, Columbus, OH 43220. Park in the back lot.

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

## Families In Touch (Concord)

**Day & Time:** Second Wednesday, from 5pm-6pm

**Location:** 700 Brooksedge Blvd, Westerville, OH 43081

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

## Families In Touch (West/Twin Valley)

**Day & Time:** Third Thursday, from 5:30pm to 7pm

**Location:** Hybrid (Zoom & In Person); 2200 W. Broad Street, Columbus, 43223

**Interested?** Please complete one-time registration at [bit.ly/2groupregistration](https://bit.ly/2groupregistration) or [mhaohio.org/events](https://mhaohio.org/events).

## Interested in Facilitating a Support Group?

Individuals with lived experience (peers) and licensed mental health professionals are invited to join the Support Groups program as a facilitator or co-facilitator. To learn more about the necessary qualifications and next steps, please visit [mhaohio.org/get-involved/volunteer](https://mhaohio.org/get-involved/volunteer). **We currently have several openings and process applications on a rolling basis.**

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