



Full List of Support Groups

January 2024

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 or contact Erica Duncan at 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 or 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 or 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 or 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 or mhaohio.org/events.

📶 Bipolar Support Group (Online)

Day & Time: Second Wednesday from 7pm to 8pm

Location: Zoom

Interested? Register and access the meeting at bit.ly/bipolar4 or mhaohio.org/events.

MHAOhio Support Groups

Anxiety & OCD

Anxiety Support Group (In Person)

Day & Time: First and Third Wednesdays from 6pm to 7pm

Location: Room B at Grandview Heights Public Library, 1685 W. 1st Street, Columbus

Interested? Please complete one-time registration at bit.ly/2groupregistration or 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 or 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 or mhaohio.org/events.

Calm Connections for Stress (Fairfield County)

Day & Time: Second and Fourth Thursdays, from 5:30pm to 6:30pm

Location: 604 W. 5th Ave., Lancaster OH 43130

Interested? Please complete one-time registration at bit.ly/2groupregistration or 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 or 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 or mhaohio.org/events.

MHAOhio Support Groups

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 or 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 or 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 or 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 or mhaohio.org/events.

👤 **Voices Worth Hearing (Fairfield)**

Day & Time: Second and Fourth Wednesdays, from 2pm to 3pm

Location: 2660 Kull Road, Lancaster OH 43130

Interested? Please complete one-time registration at bit.ly/2groupregistration or mhaohio.org/events.

Families In Touch

👤 **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 or mhaohio.org/events.

MHAOhio Support Groups

👤 Families In Touch (Riverside)

Day & Time: Second and Fourth Tuesdays, from 5:30pm-6:30pm

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 or 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 or mhaohio.org/events.

📶 👤 Families In Touch (West/Twin Valley)

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

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

Interested? Please complete one-time registration at bit.ly/2groupregistration or 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. **Openings are listed on our website, and applications are accepted on a rolling basis.**
