



Montgomery County
United Way

- ✓ **Grupos de Apoyo**
- ✓ **Servicios Humanos y de Salud**
- ✓ **Número de Teléfono Para Llamadas sin Costo Alrededor de Todo el Estado**
- ✓ **Ayuda Nacional**

Helpline 281-292-4155, ext. 235 **or** Sin Costo 1-888-844-6289

Visite nuestro sitio de Internet para mas información:

<http://www/mcuw.org>

ATENCIÓN: Aunque hemos hecho todo lo posible para asegurarnos de que la información en éste directorio sea correcta y completa, la agencia de United Way del Condado de Montgomery, advierte que ésta no es una lista exhaustiva de todos y cada uno de los grupos de apoyo que existen en el área. Si usted quisiera hacer correcciones o añadir información que pueda hacer éste directorio más útil, por favor envíelas por correo electrónico a nancy@mcuw.org. Gracias.

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Abuso

Grupo: Adults Molested as Children

Patrocindor: Montgomery County Women's Center

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Tuesdays, 7-8:30 PM, free

Contacto: Karrie, 281-292-4155, x224

Grupo: Incest Support Group

Patrocindor: At His Feet

Ubicación: Conroe: Regional Medical Center, **Conroe**

Día/Hora/Costo: Tuesdays, 7PM

Contacto: Dee Lindley , 936-594-3285

Grupo: Men's Support Group (survivors of sexual violence)

Patrocindor: MCWC

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Mondays, 6:30-8PM, free

Contacto: Curtis, 888-825-9682, ext. 301

Grupo: Group: Mother Matters (adult child to parent abuse)

Patrocindor: Montgomery County Women's Center

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Wednesdays, 7 to 8:30PM, free

Contacto: Deborah, 1-888-844-6289, x232

Grupo: Parents of Child Survivors of Sexual Abuse

Patrocindor: Montgomery County Women's Center

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Tuesdays, 6-7:30 PM, free

Contacto: Emily, 281-292-4155, x271

Grupo: Road to Recovery (family violence)

Patrocindor: Montgomery County Women's Center

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Mondays, Noon-1:30PM, free

Contacto: Kim, 1-281-292-4155, x230

Grupo: Teen Sexual Assault Survivors

Patrocindor: Montgomery County Women's Center

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Mondays, 3:30-5PM, free

Contacto: Sarah, 281-292-4155, x223

Abuso, cont.

Grupo: TEJ Survivors Peer Support
Patrocinador: Texas Survivors Peer Support
Ubicación: Conroe Regional Medical Center
Día/Hora/Costo: 4th Thursdays, 7-8:30PM, free
Contacto: Janice Sager, 936-788-2273

Enfermedad de Alzheimer's

Grupo: Alzheimer's Respite Care
Sponsor: The Gathering Place
Location: First United Methodist Church of Conroe, 4308 W. Davis
Day/Time/Cost: Call for times, free
Contact: Dick & Jody Corbit, 281-292-2940, 281-897-7788

Grupo: Alzheimer's Support
Patrocinador: Alzheimer's Association
Location: Christ Church United Methodist, 6363 Research Forest, **The Woodlands**
Día/Hora/Costo: 2nd Wednesdays, 10-11:30AM, free
Contacto: 936-756-3395

Grupo: Alzheimer's Support
Patrocinador: Alzheimer's Association
Ubicación: Fellowship of **The Woodlands**
Día/Hora/Costo: 1st Thursdays, 7PM, free
Contacto: 281-367-1900, or 936-321-3689

Grupo: Alzheimer's Support
Patrocinador: Alzheimer's Association
Ubicación: First Christian Church of **Conroe**
Día/Hora/Costo: 3rd Wednesdays, 2-3PM, free
Contacto: Sarah Baxter, 936-856-2338

Grupo: Alzheimer's Support Ministries
Patrocinador: Fellowship of The Woodlands Church
Ubicación: One Fellowship Drive, **The Woodlands**
Día/Hora/Costo: 1st Thursdays, free
Contacto: 281-367-1900, or 936-321-3689

Enfermedad de Alzheimer's, cont.

Grupo: Families & Friends of Alzheimer's Patients

Patrocindor: Alzheimer's Association (Conroe Chapter)

Ubicación: First Christian Church of **Conroe**

Día/Hora/Costo: 3rd Wednesdays, 2-3:30PM, free

Contacto: Barbara Loper, 936-441-3250

Control del enojo o de la ira

Grupo: Anger Management Class

Patrocindor: Spring Woodlands Church of Christ

Ubicación: 1021 Sawdust Road, **The Woodlands**

Día/Hora/Costo: Call for information, \$17 for materials

Contacto: 281-367-2304

Grupo: Anger Management Class (adults & adolescents)

Patrocindor: Northwest Rehab

Ubicación: 4405 Spring Cypress, **Spring**

Día/Hora/Costo: 11 sessions, \$125

Contacto: Miss Singleton, 281-353-8333

Ciego

Grupo: Support Group for the Blind

Patrocindor: Lighthouse of Houston

Ubicación: **Houston**

Día/Hora/Costo: Call for information.

Contacto: 713-284-8445

Cáncer

Grupo: Cancer Support

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: 1st & 3rd Tuesdays in the Wesley Room, 7-9PM, free

Contacto: Alma Khoury

Cáncer, cont.

Grupo: Look Good, Feel Better

Patrocindor: American Cancer Society

Ubicación: **The Woodlands** Memorial Hermann Cancer Center

Día/Hora/Costo: Call for information.

Contacto: Linda Dunn, 713-867-4657

Grupo: Look Good, Feel Better

Patrocindor: American Cancer Society

Ubicación: **Conroe** Regional Medical Center

Día/Hora/Costo: 1st Mondays, 10AM-Noon, free

Contacto: Kathy Fisher, 936-525-3926

Grupo: Christian Care Cancer Support

Patrocindor: Christ Church United Methodist

Ubicación: 6363 Research Forest, **The Woodlands**

Día/Hora/Costo: Call for information.

Contacto: 936-273-2030

Grupo: Coping With Breast Cancer

Patrocindor: American Cancer Society

Ubicación: NE Regional Cancer Center, 18960 Memorial North, **Humble**

Día/Hora/Costo: 2nd & 4th Thursdays, 6:30-8:30PM, free

Contacto: 281-540-7905

Grupo: Cancer Resource Team

Patrocindor: Fellowship of The Woodlands

Ubicación: One Fellowship Drive, **The Woodlands**

Día/Hora/Costo: 1st Tuesdays, call for information.

Contacto: 281-367-1900 or 936-321-3689

Grupo: Coping With Breast Cancer

Patrocindor: American Cancer Society

Ubicación: 920 Medical Plaza Drive, **The Woodlands**

Día/Hora/Costo: 2nd Wednesdays, 7-8:30PM, free

Contacto: Leanna Brandt @ 281-356-8277, or Joan Gray @ 936-273-9633

Grupo: Coping With Breast Cancer

Patrocindor: American Cancer Society

Ubicación: 920 Medical Plaza Drive, **The Woodlands**

Día/Hora/Costo: 1st & 3rd Wednesdays, noon-1:30 PM, free

Contacto: Catherine Unger @ 713-706-5646

Cáncer, cont.

Grupo: Coping With Breast Cancer

Patrocindor: American Cancer Society

Ubicación: Tomball Regional Hospital

Día/Hora/Costo: 2nd Tuesdays, noon-1:30PM, free

Contacto: The Cancer Center, 281-401-5900

Grupo: Coping With Breast Cancer

Patrocindor: American Cancer Society

Ubicación: 920 Medical Plaza Drive, **The Woodlands**

Día/Hora/Costo: 1st & 3rd Wednesdays, noon-1:30PM, free

Contacto: Catherine Unger, 713-706-5646

Grupo: Man to Man (Prostate Cancer)

Patrocindor: American Cancer Society

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 2nd Mondays, 6:30-8:30PM, free

Contacto: The Cancer Center, 281-401-5900

Grupo: Man to Man (Prostate Cancer)

Patrocindor: American Cancer Society

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 2nd Mondays, 6:30 -8:30 PM, free

Contacto: Kathy Fisher or James St. Vigne, 936-525-3917

Grupo: Dialogue Cancer Support

Patrocindor: American Cancer Society

Ubicación: Conroe Regional Medical Center, Administrative Conference Room

Día/Hora/Costo: 2nd & 4th Wednesdays, 6:30-8:30PM, free

Contacto: 936-539-7060

Grupo: Dialogue Cancer Support

Patrocindor: American Cancer Society

Ubicación: Tomball Regional Hospital

Día/Hora/Costo: 2nd Thursdays, 6:30-8:30PM, free

Contacto: 936-756-3554 or 281-401-5900

Cáncer, cont.

Grupo: Dialogue Cancer Support

Patrocindor: American Cancer Society

Ubicación: 22999 US Hwy 59, **Kingwood**

Día/Hora/Costo: 4th Tuesdays, 6:30-8:30PM

Contacto: 281-359-0111

Grupo: Cancer Support Group

Patrocindor: Christ Church United Methodist

Ubicación: 6363 Research Forest, **The Woodlands**

Día/Hora/Costo: Call for information.

Contacto: 936-273-2030, outreach@cc-um-org

Grupo: Dialogue Support Group

Patrocindor: American Cancer Society

Ubicación: 22999 US Hwy 59, **Kingwood**

Día/Hora/Costo: 4th Tuesdays, 6:30-8:00PM

Contacto: Catherine Unger, 713-706-5646

Cuilladoras

Grupo: Caregivers of Ill, Disabled, or Elderly Individuals

Patrocindor: Interfaith of The Woodlands/ American Cancer Society

Ubicación: The Forum Clubhouse, 5055 W. Panther Creek Dr., **The Woodlands**

Día/Hora/Costo: 2nd Tuesdays, Call for information.

Contacto: 713-266-2877

Grupo: Caregiver Luncheons

Patrocindor: Odyssey Healthcare

Ubicación: Louisiana Pacific Tower, # 100, I-45 North, **Conroe**

Día/Hora/Costo: Monthly, call for date.

Contacto: 800-364-8173 or 936-788-7707

Grupo: Caregivers/Parents of Mentally Ill

Patrocindor: NAMI

Ubicación: First Baptist Church in **The Woodlands**, 11801 Grogans Mill Rd.

Día/Hora/Costo: Last Tuesdays, 7-9 PM

Contacto: 281-367-2314

Disabilities

Grupo: Support Group for the Blind

Patrocindor: Lighthouse of Houston

Ubicación: Houston

Día/Hora/Costo: Call for information.

Contacto: 713-284-8445

Grupo: Multiple Sclerosis Support

Patrocindor: MS

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 1st Thursdays, 6-8PM, free

Contacto: Kassie Byrd, 936-539-7104

Grupo: Multiple Sclerosis Support

Patrocindor: MS

Ubicación: Healthsouth Rehabilitation Center, I-45 Feeder South, **The Woodlands**

Día/Hora/Costo: 2nd Sundays, 2-4PM, free

Contacto: Judy Lawson, 1-800-458-7870

Grupo: Progressive Cerebral Palsy

Patrocindor: Memorial Hermann Hospital SW

Ubicación: 7600 Beechnut, **Houston**

Día/Hora/Costo: 3rd Saturdays, 1PM, free

Contacto: Michelle Musachia, 936-539-7410

Grupo: Steppin' Out Amputee Support

Patrocindor: American Cancer Society

Ubicación: Conroe Regional Medical Center, Room CR-A

Día/Hora/Costo: 2nd Mondays, 7-9PM, free

Contacto: American Cancer Society

Divorcio

Grupo: Classes for Divorcing Parents

Patrocindor: Depelchin

Ubicación: Kingwood, call for details

Día/Hora/Costo: Saturdays, 9AM-1PM, \$30 scholarships available.

Contacto: 713-730-2335

Divorcio, cont.

Grupo: Classes for Divorcing Parents

Patrocindor: Depelchin

Ubicación: MCUW Service Center, **The Woodlands**

Día/Hora/Costo: Mondays, 6PM-10PM, \$30 scholarships available

Contacto: 713-730-2335

Grupo: Divorce Care

Patrocindor: Spring Woodlands Church of Christ

Ubicación: 1021 Sawdust Road, Room 109, **The Woodlands**

Día/Hora/Costo: Sundays, 6PM, \$10

Contacto: 936-756-6601

Grupo: Building Rainbows

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Dr., **The Woodlands**

Día/Hora/Costo: Call for information.

Contacto: Alma Khoury, 281-297-5953

Grupo: Divorce Care Support

Patrocindor: Spring Woodlands Church of Christ

Ubicación: 1021 Sawdust Road, Room 109, **The Woodlands**

Día/Hora/Costo: Sundays, 6-7:15PM, free

Contacto: 281-367-2304

Grupo: Divorce Care

Patrocindor: First United Methodist Church of Conroe

Ubicación: 4308 West Davis

Día/Hora/Costo: 6:30 – 8:30PM

Contacto: Nancy Heintz, 936-256-3359

Desórden alimenticio

Grupo: First Place – Christian Weight Loss

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Dr., **The Woodlands**

Día/Hora/Costo: Call for Information

Contacto: Beverly McGrath 281-363-1972 or 281-292-5953

Grupo: Overeaters Anonymous

Patrocindor: Overeaters Anonymous

Ubicación: Northwoods Unitarian Church, 1370 N. Millbend Dr., **The Woodlands**

Día/Hora/Costo: Fridays at noon & Sundays 7PM, free

Contacto: Karin 281-350-6823 (Fri.) & Dawn 281-292-5689 (Sun.)

Desórdenes alimenticios, cont.

Grupo: Overeaters Anonymous

Patrocindor: Overeaters Anonymous

Ubicación: Calvary Christian Fellowship Church, 3505 FM 1960 East, **Humble**

Día/Hora/Costo: Tuesdays 7-8:30PM, free

Contacto: Michelle Bryant, 281-454-4000

Grupo: Overeaters Anonymous

Patrocindor: Overeaters Anonymous

Ubicación: Healthsouth Rehab Hospital, 19002 McKay Blvd., **Humble**

Día/Hora/Costo: Thursdays, 7:30-9PM, free

Contacto: Michelle Bryant, 281454-4000

Grupo: Overeaters Anonymous

Patrocindor: Overeaters Anonymous

Ubicación: Conroe Regional Medical Center, PDB

Día/Hora/Costo: Tuesdays, 7:30-9:30PM, & Saturdays, 10-noon, free

Contacto: Don Bell, 936-441-0037, x33

Grupo: Overeaters Anonymous

Patrocindor: Overeaters Anonymous

Ubicación: Memorial Hermann Hospital, **The Woodlands**

Día/Hora/Costo: Sundays, 7PM, free

Contacto: Dawn, 281-292-5689

Grupo: Recovery from Food Addiction

Patrocindor: Recovery From Food Addiction

Ubicación: Memorial Hermann Hospital, **The Woodlands**

Día/Hora/Costo: Tuesdays, 6-7PM

Contacto: Ellen Compton, 936-856-8460

Grupo: TOPS

Patrocindor: Take off Pounds Sensibly

Ubicación: Spring Woodlands Church of Christ, 1021 Sawdust Road, **The Woodlands**

Día/Hora/Costo: Fridays, 10AM

Contacto: Phyllis, 281-367-0240

Grupo: Eating Disorders Anonymous

Patrocindor: Caldwell Behavioral Clinic

Ubicación: 14030 Crescent, **Tomball**

Día/Hora/Costo: Mondays, 7:30PM, free

Contacto: 281-516-1912, 281-351-6644

Desórdenes alimenticios, cont.

Grupo: A Taste of Heart, Healthy Eating

Patrocinador: Tomball Regional Hospital

Ubicación: Tomball Regional Hospital

Día/Hora/Costo: Call for information.

Contacto: 281-401-7733

Apoyo familiar

Grupo: Families Expecting or Raising Multiple Birth Children

Patrocinador: Mothers of Multiples

Ubicación: The Woodlands United Methodist Church, 2200 Lake Woodlands Dr.

Día/Hora/Costo: 1st Mondays, 7PM, free

Contacto: Mary Fagan, 281-350-2834, or Tricia Heinzler, 281-292-8790

Grupo: Families with Children Having Disabilities or Chronic Illness

Patrocinador: Family to Family Network

Ubicación: 13150 FM 529, Suite 106

Día/Hora/Costo: Call for information.

Contacto: 713-466-6304

Grupo: Home Education & Responsible Teaching (home school support)

Patrocinador: SE Texas Home School Association, TETHSA

Ubicación: Humble/Kingwood Area

Día/Hora/Costo: Call for information.

Contacto: 281-548-8587 or www.homeschoolheart.org

Grupo: Special Needs Children

Patrocinador: Children With Multiple Disabilities

Ubicación: Children's Museum, 1500 Binz, **Houston**

Día/Hora/Costo: Call for information.

Contacto: Elaine Hime, 713-926-2580, x2

Grupo: Military Family Support

Patrocinador: Interfaith/Timber Ridge Presbyterian Church

Ubicación:

Día/Hora/Costo: Call for information.

Contacto: 936-321-3298

Apoyo familiar, cont.

Grupo: Military Family Support

Patrocindor: Conroe Resident

Ubicación:

Día/Hora/Costo: Call for information?

Contacto: 936-856-6210

Grupo: Oasis Refreshing Single Parent Families

Patrocindor: Faith Community Church

Ubicación: 5505 Research Forest Drive, **The Woodlands**

Día/Hora/Costo: Sundays, 9:45AM, free

Contacto: 936-321-7770

Grupo: Family Support

Patrocindor: The Ranch Neurobehavioral Resources

Ubicación: 9297 Wahrenberger, **Conroe**

Día/Hora/Costo: Sundays 9:45 AM, free

Contacto: 936-788-7770

Ayuda en caso de angustias o penas

Grupo: Loss of a Child

Patrocindor: Compassionate Friends

Ubicación: Christ the King Lutheran Church, 3803 W. Lake Houston Pkwy, **Kingwood**

Día/Hora/Costo: 1st Mondays, 7:30PM, free

Contacto: 281-540-7852, or The American Cancer Society at 713-266-2877

Grupo: Grief Support

Patrocindor: Chaplain Benn Miller

Ubicación: Memorial Hermann Hospital, **The Woodlands**

Día/Hora/Costo: Mondays, 3:30-5PM, free

Contacto: 281-364-2521, or 713-222-care

Grupo: Grief Support

Patrocindor: Kingwood Medical Center

Ubicación: **Kingwood** Medical Center, Senior Friends Office, Suite 201

Día/Hora/Costo: Tuesdays, 7PM, free

Contacto: 281-358-9005

Ayuda en caso de angustias o penas, cont.

Grupo: Grief Support

Patrocindor: First United Methodist Church of Conroe

Ubicación: First United Methodist Church of **Conroe**, 4308 W. Davis

Día/Hora/Costo: 2nd & 4th Mondays, 5:15PM – 6:45PM, free

Contacto: 936-273-1214, Jackie @ 936-756-3395, or Irene @ 281-681-9149

Grupo: Grief Support

Patrocindor: Northeast Hospice Services

Ubicación: Northeast Hospice Services, 9813 N. Memorial Dr., **Humble**

Día/Hora/Costo: 6 wk sessions, call for information, reservations required

Contacto: 281-540-7852, or The American Cancer Society at 713-266-2877

Grupo: Griefshare Recovery Seminar

Patrocindor: Conroe Baptist Church

Ubicación: 1855 Longmire Road, **Conroe**

Día/Hora/Costo: Call for information.

Contacto: 936-760-6778-936-760-1911

Grupo: Griefshare Recovery Seminar

Patrocindor: First Baptist Church of **The Woodlands**

Ubicación: 11801 Grogan's Mill Road

Día/Hora/Costo: Wednesdays, 6:00PM, free

Contacto: 281-367-4317

Grupo: Griefshare Recovery Seminar

Patrocindor: First Baptist Church of **Conroe**

Ubicación: 600 N. Main

Día/Hora/Costo: Wednesdays, 6:00PM, free

Contacto: 936-756-6601

Grupo: Griefshare Recovery Seminar

Patrocindor: Spring Woodlands Church of Christ

Ubicación: Spring **Woodlands** Church of Christ, 1021 Sawdust Road, Rm 302

Día/Hora/Costo: Sundays, 4:30- 5PM, free

Contacto: 281-367-2304

Grupo: Healing Dreams Prenatal

Patrocindor: Loss Support

Ubicación: **Kingwood** Medical Center, Senior Friends Office, Suite 201

Día/Hora/Costo: 3rd Sundays, 6:30 – 8:30PM, free

Contacto: 281-348-1349

Ayuda en caso de angustias o penas, cont.

Grupo: Houston's Aid in Neonatal Death

Patrocindor: HAND

Ubicación: **The Woodlands** United Methodist Church, 2200 Lake Woodlands Drive

Día/Hora/Costo: Last Sundays, 6:30PM, free

Contacto: Sara, 281-296-2182

Grupo: Loss of a Child

Patrocindor: The Grief Resource Center

Ubicación: **The Woodlands**, Call for details.

Día/Hora/Costo: 2nd & 4th Mondays, 8:30PM, free

Contacto: 281-292-6800

Grupo: Loss of Spouse

Patrocindor: The Grief Resource Center

Ubicación: **The Woodlands**, Call for details.

Día/Hora/Costo: 2nd & 4th Fridays, 8:30PM, free

Contacto: 281-292-6800

Grupo: SIDS Grief Support

Patrocindor: **The Woodlands** United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, The Wesley Room

Día/Hora/Costo: last Wednesdays, 7-9PM, free

Contacto: Alma Khoury, 281-297-5953

Grupo: Grief Support

Patrocindor: **The Woodlands** United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, The Wesley Room

Día/Hora/Costo: two 13 week sessions offered 2 times a year

Contacto: Alma Khoury, 281-297-5953

Grupo: Spouse Loss Support

Patrocindor: Odyssey Healthcare

Ubicación: Louisiana Pacific Tower, # 100, I-45 North, **Conroe**

Día/Hora/Costo: 1st & 3rd Wednesdays, 2:30-4:30PM, free

Contacto: 1-800-364-8173 or 936-788-7707

Grupo: Survivors of Suicide

Patrocindor: Spring Woodlands Church of Christ

Ubicación: 1021 Sawdust Road, **The Woodlands**

Día/Hora/Costo: 1st & 3rd Thursdays, 7-9PM

Contacto: 281-367-2182

Ayuda en caso de angustias o penas, cont.

Grupo: Sunshine Luncheon

Patrocindor: Odyssey Healthcare

Ubicación: Golden Corral **Cleveland**

Día/Hora/Costo: 3rd Tuesdays @ 11:30AM, call for information.

Contacto: 1-800-364-8173 or 936-788-7707

Grupo: Sunshine Luncheon

Patrocindor: Odyssey Healthcare

Ubicación: Golden Corral **Conroe**

Día/Hora/Costo: Monthly, call for information.

Contacto: 1-800-364-8173 or 936-788-7707

Grupo: WINGS (bereavement program for kids & parents)

Patrocindor: Trinity Episcopal Church

Ubicación: 3901 South Panther Creek Drive, **The Woodlands**

Día/Hora/Costo: Thursdays, 7-8:15Pm, call to register.

Contacto: 281-587-2218

Grupo: Wee Care Support (infant child loss)

Patrocindor: Memorial Hermann Hospital

Ubicación: 11310 Beamer Street, **Houston**, Dr. Prangle's office

Día/Hora/Costo: 3rd Mondays, 6PM

Contacto: 281-455-2361

Enfermedad

Grupo: AIDS Referral Line

Patrocindor:

Ubicación: **Houston**

Día/Hora/Costo: free

Contacto: 713-864-1795

Grupo: ALS (Lou Gehrig's Disease)

Patrocindor: ALS Association, Greater Houston Chapter

Ubicación: Houston

Día/Hora/Costo: Call for information

Contacto: 713-942-2572, www.also.houston.org

Enfermedad, cont.

Grupo: CPAP/BIPAP Apnea (sleep disorders)

Patrocindor: Health South Sleep Disorders Center

Ubicación: I-45 South Feeder, **The Woodlands**

Día/Hora/Costo: last Thursdays, call for information

Contacto: 281-364-2037, or 281-364-2000

Grupo: Diabetes Support

Patrocindor: Conroe Regional Medical Center

Ubicación: **Conroe** Regional Medical Center

Día/Hora/Costo: 1st Tuesdays, 7PM, free

Contacto: Brad Pontani, 936-539-7035

Grupo: Diabetes Self Management

Patrocindor: Tomball Regional Hospital

Ubicación: **Tomball** Regional Hospital

Día/Hora/Costo: Call for information

Contacto: 281-401-7664

Grupo: Diabetes Support

Patrocindor: Tomball Regional Hospital

Ubicación: **Tomball** Regional Hospital

Día/Hora/Costo: call for information

Contacto: 281-401-7664

Grupo: Diabetes Support

Patrocindor: Conroe Regional Medical Center

Ubicación: **Conroe** Regional Medical Center

Día/Hora/Costo: every other month, call for information

Contacto: Brad Pontani, 936-539-7035

Grupo: Hepatitis & Liver Support

Patrocindor: Texas Liver Coalition

Ubicación: **Conroe** Regional Medical Center, Classroom A

Día/Hora/Costo: 2nd Wednesdays, 7-9PM, call for information

Contacto: Trisha Bowman, 936-539-7576

Grupo: Hepatitis C Support

Patrocindor: **HepatitisCentral.com**

Ubicación: **The Woodlands** Library, 2101 Lake Robbins Drive

Día/Hora/Costo: Mondays, 6:30PM, call for information

Contacto: 281-367-7757

Enfermedad, cont.

Grupo: Cardiac (patients & family)

Patrocindor: Mended Hearts

Ubicación: Conroe Regional Medical Center-Auditorium

Día/Hora/Costo: 1st Mondays, 7-9PM, free

Contacto: 936-321-4115

Grupo: Better Breathers Club

Patrocindor: Tomball Regional Hospital

Ubicación: Heritage Retirement Community, Independent Dining Room

Día/Hora/Costo: 2nd Tuesdays, 3-4PM

Contacto: 281-401-5100

Grupo: Better Breathers Club

Patrocindor: Montgomery County Better Breathers Club

Ubicación: Conroe Regional Medical Center, Dining Room A

Día/Hora/Costo: call for information

Contacto: Kassie Byrd, 936-539-7104

Grupo: Multiple Sclerosis Support

Patrocindor: MS

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 1st Thursdays, 6-8PM, free

Contacto: Kassie Byrd, 936-539-7104

Grupo: Multiple Sclerosis Support

Patrocindor: MS

Ubicación: Healthsouth Rehabilitation Center, I-45 Feeder South, **The Woodlands**

Día/Hora/Costo: 2nd Sundays, 2-4PM, free

Contacto: Judy Lawson, 1-800-458-7870

Grupo: Chronic Pain Support

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: 1st & 3rd Sundays, 7-8PM, free

Contacto: Alma Khoury, 281-297-5953

Grupo: Progressive Cerebral Palsy

Patrocindor: Memorial Hermann Hospital SW

Ubicación: 7600 Beechnut, **Houston**

Día/Hora/Costo: 3rd Saturdays, 1PM, free

Contacto: Michelle Musachia, 936-539-7410

Enfermadad, cont.

Grupo: Sjogren's Syndrome

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 4th Wednesdays, call for information

Contacto: Karen Kennemer, 281-358-2282

Grupo: Steppin' Out Amputee Support

Patrocindor: American Cancer Society

Ubicación: Conroe Regional Medical Center, Room CR-A

Día/Hora/Costo: 2nd Mondays, 7-9PM, free

Contacto: American Cancer Society

Grupo: Stroke Support

Patrocindor: Tomball Regional Hospital

Ubicación: Heritage Retirement Community, **Tomball**

Día/Hora/Costo: 2nd Mondays, Noon-1PM, call for information

Contacto: 281-401-5400

Grupo: Stroke Support

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center Rehab Gym

Día/Hora/Costo: Last Tuesdays, 4-5PM, free

Contacto: 936-525-3917

Grupo: Teen Diabetes

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 1st Wednesdays, call for information

Contacto: Janis, 281-364-8737

Salud mental

Grupo: ADAA

Patrocindor: Anxiety Disorders Association of America

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: Thursdays, 7-8PM

Contacto: Vicki Jordan, 281-788-1592

Grupo: Compulsive Spenders

Patrocindor: Debtors Anonymous – 12 Step Program

Ubicación: Forest Cove Baptist Church, **Kingwood**

Día/Hora/Costo: Wednesdays, 7:30-8:30PM, free

Contacto: 281-358-8177, or 281-358-7035

Salud mental, cont.

Grupo: MH/MR Support

Patrocinador: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 1st Mondays, 7-9PM, free

Contacto: James Van Winkle, 936-231-2838

Grupo: SLAA Sex Addiction

Patrocinador: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: Saturdays, 3-4PM, free

Contacto: Patrician Doyen

Grupo: Mental Ill Caregivers Support

Patrocinador: NAMI

Ubicación: First Baptist Church of **The Woodlands**, 11801 Grogans Mill Road

Día/Hora/Costo: Last Tuesday, 7-9PM, free

Contacto: 281-367-2314

Grupo: (PEER) Persons affected by Mental Illness

Patrocinador: NAMI (National Alliance for the Mentally Ill)

Ubicación: Call for information.

Día/Hora/Costo: Call for information.

Contacto: 281-367-2314 or 936-273-2849

Grupo: Cookies & Conversation (Infertility Support)

Patrocinador: Resolve of Houston

Ubicación: S. Montgomery Co. Comm. Ctr, 2235 Lake Robbins Dr., **The Woodlands**

Día/Hora/Costo: call for information

Contacto: 281-292-6353 or 713-975-5324

Madras Primerizas

Grupo: Breastfeeding

Patrocinador: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center, Dining Room A

Día/Hora/Costo: 2nd Mondays, 7-9:30PM, \$15, call for information

Contacto: 1-800-265-8624, or 936-539-7620

Grupo: Infant Massage

Patrocinador: Child Development Course

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: call for information

Contacto: 1-800-265-8624, or 936-539-7620

Madras Primerizas, cont.

Grupo: Infant/Child CPR

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: call for information

Contacto: 1-800-265-8624, or 936-539-7620

Grupo: La Leche League

Patrocindor: Timber Ridge Presbyterian Church

Ubicación: 7575 Alden Bridge Drive, **The Woodlands**

Día/Hora/Costo: Call for information.

Contacto: Deanna 936-448-1665, or 281-259-9766

Grupo: La Leche League

Patrocindor: La Leche League

Ubicación: West Branch Library, 19380 HYWY 105W, Suite 507, **Conroe**

Día/Hora/Costo: 3rd Thursdays, 10:30AM, free

Contacto: Monica, 936-582-6288

Grupo: Moms of Infants Support Group

Patrocindor: **The Woodlands** United Methodist Church

Ubicación: 2200 Lake Woodlands Drive

Día/Hora/Costo: 3rd Thursdays, 10:30AM, free

Contacto: Monica, 936-582-6288

Grupo: New Mother's/Mom's and Babies 0-18months

Patrocindor: Montgomery County South Regional Library

Ubicación: 2101 Lake Robbins, **The Woodlands**

Día/Hora/Costo: 2nd & 4th Mondays, 1-2:30PM, Bring baby

Contacto: Julie Trushenski, 936-273-1377

Grupo: One Day Prepared Childbirth Class

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: Saturdays, call for information, \$60

Contacto: 1-800265-8624, or 936-539-7620

Grupo: Prepared Childbirth Class

Patrocindor: Conroe Regional Medical Center

Ubicación: Conroe Regional Medical Center

Día/Hora/Costo: 6 week training during last trimester, call for information, \$50

Contacto: 1-800265-8624, or 936-539-7620

Madras Primerizas, Cont.

Grupo: Mother & Baby Group (newborn to 18months)

Patrocindor: Tomball Regional Hospital

Ubicación: Tomball Regional Hospital, Diagnostic Building, Childbirth Classroom

Día/Hora/Costo: 1st Wednesdays, 11AM

Contacto: 281-401-7786

Padres de familia

Grupo: ADD/ADHD Parent Support Group

Patrocindor: The Friendship Center

Ubicación: 2235 Lake Front Circle, **The Woodlands**

Día/Hora/Costo: 3rd Thursdays, 7-9PM

Contacto: The Calellys, 281-363-4745

Grupo: Asperger Syndrome

Patrocindor: Asperger Syndrome Coalition of USA

Ubicación: Houston Mennonite Church, 1231 Wirt Road, **Houston**

Día/Hora/Costo: 2nd Tuesdays, 7PM

Contacto: Barbara Adcock, 281-935-3254

Grupo: Autism

Patrocindor: Families for Effective Autism Treatment

Ubicación: 1120 Medical Plaza Drive, Suite 200, **The Woodlands**

Día/Hora/Costo: 2nd Thursdays of odd months, call for information

Contacto: Cindy Cooper, 713-935-3254

Grupo: Autism

Patrocindor: Greater Houston Chapter Autism Treatment Society of America

Ubicación: UT Mental Services Institute, 1300 Moursand Drive, **Houston**

Día/Hora/Costo: 2nd Saturdays, 10Am, reservation required, call for information

Contacto: 713-513-7575

Grupo: Autism

Patrocindor: Heart to Heart

Ubicación: Mitchell Intermediate School, **The Woodlands,**

Día/Hora/Costo: 1st Mondays, 6:30-7:30PM, call for information

Contacto: Missy Scardino, 281-298-5759

Padres de familia, cont.

Grupo: Autism & PDD/IDA

Patrocindor: Pervasive Development Disorders/Interaction Disorders

Ubicación: St. Francis Episcopal Church, **Houston**, 345 North Piney Point

Día/Hora/Costo: 4th Tuesday, (not Dec.), 7PM, call for information

Contacto: Gina Pepchinski, 713-660-6787

Grupo: Parents of Children with Autism

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: Margie Flores, 281-297-5900

Grupo: Parenting Classes

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: Vivian Kinnear

Grupo: Parenting Classes

Patrocindor: DelPelchin

Ubicación: United Way Service Center, 1600 Lake Front Circle, **The Woodlands**

Día/Hora/Costo: Mondays, 6:30-8:30PM, call for information

Contacto: 713-861-4847, 281-367-7707

Grupo: Parenting Classes

Patrocindor: Depelchin

Ubicación: 20000 Kingwood Drive, **Kingwood**

Día/Hora/Costo: Wednesdays, 6:30-8:30PM,

Contacto: 713-730-2335, 713-816-4847

Grupo: Boundaries Support Group (parents who cannot set limits)

Patrocindor: Spring Woodlands Church of Christ

Ubicación: **The Woodlands**

Día/Hora/Costo: Sundays, 6PM

Contacto: 281-367-2304

Grupo: Divorced Parenting Classes

Patrocindor: DePelchin

Ubicación: United Way Service Center, 1600 Lake Front Circle, **The Woodlands**

Día/Hora/Costo: 2nd Mondays, 6-10 PM, \$30 Registration, call for information

Contacto: 713-861-4847, 281-367-7707

Padres de familia, cont.

Grupo: Down Syndrome

Patrocindor: Hidden Miracles

Ubicación: South Montgomery County Community Center, **The Woodlands**

Día/Hora/Costo: 2nd Tuesday, 7PM, call for information

Contacto: 936-264-1803, or 936-890-3490

Grupo: Parents of Children with Disabilities

Patrocindor: PEP, Parents Educating Parents

Ubicación: **The Woodlands** United Methodist Church, Room D-206,
2200 Lake Woodlands Drive

Día/Hora/Costo: 1st Tuesdays, 9AM, call for information

Contacto: 936-273-0029

Grupo: Parents of Children with Disabilities

Patrocindor: Resource Guide

Ubicación: 4614 Woodside, **Houston**

Día/Hora/Costo: call for information

Contacto: Elaine Hime, 713-926-2580, or 713-743-5435

Grupo: Parents of Multiples

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: 1st Mondays, 6:30PM, call for information

Contacto: Kelly, 936-271-4934

Grupo: Building Rainbows (divorce care, licensed therapist)

Patrocindor: The Woodlands United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: Alma Khoury, 281-297-5953

Grupo: Tough Love Parent Support

Patrocindor: Tough Love Parent Support

Ubicación: National Organization

Día/Hora/Costo: call for information

Contacto: 1-800-333-1068

Grupo: Oasis Refreshing Single Parent Families

Patrocindor: Faith Community Church

Ubicación: 5055 Research Forest Drive, **The Woodlands**

Día/Hora/Costo: Sundays, 9:45 AM, free, call for information

Contacto: 936-321-5505

Padres de familia, cont.

Grupo: Mother & Baby Group (newborn to 18 months)

Patrocindor: Tomball Regional Hospital

Ubicación: Tomball Regional Hospital, Diagnostic Building, Childbirth Classroom

Día/Hora/Costo: 1st Wednesdays, 11AM

Contacto: 281-401-7788

Grupo: Rainbow of Friends (Equality for Parents of Gays and Lesbians)

Patrocindor: Family Pride Coalition

Ubicación: Conroe

Día/Hora/Costo: Call for information

Contacto: 936-231-4238

Enfermedad de Parkinson's

Grupo: Parkinson's Exercise Support

Patrocindor: HAPS (Houston Area Parkinson's Society)

Ubicación: The Woodlands United Methodist Church, 2200 Lake Woodlands Dr.

Día/Hora/Costo: 1st & 3rd Thursdays, 1:30-2:30PM, call for information

Contacto: Cathy Welch, 936-856-1440

Grupo: Parkinson's Water Therapy

Patrocindor: HAPS (Houston Area Parkinson's Society)

Ubicación: Health South Rehabilitation Center

Día/Hora/Costo: call for information

Contacto: 936-321-4115

Grupo: Parkinson's Caregiver Support

Patrocindor: HAPS (Houston Area Parkinson's Society)

Ubicación: The Woodlands United Methodist Church, 2200 Lake Woodlands Drive

Día/Hora/Costo: 1st Thursdays, call for information

Contacto: Cathy Welch, 936-856-1440

Grupo: Parkinson's Support Tai Chi

Patrocindor: HAPS (Houston Area Parkinson's Society)

Ubicación: The Woodlands United Methodist Church, 2200 Lake Woodlands Drive,

Día/Hora/Costo: 4th Mondays, call for information

Contacto: Cathy Welch, 936-856-1440

Enfermedad de Parkinson's, cont.

Grupo: Parkinson's Caregiver Support

Patrocinador: HAPS (Houston Area Parkinson's Society)

Ubicación: Healthsouth, **Conroe**

Día/Hora/Costo: 1st Thursdays, call for information

Contacto: Robin Nichols, 936-273-3061

Grupo: Parkinson's Support Tai Chi

Patrocinador: HAPS (Houston Area Parkinson's Society)

Ubicación: Healthsouth, **Conroe**

Día/Hora/Costo: 4th Mondays, call for information

Contacto: Robin Nichols, 936-273-3061

Grupo: Parkinson's Support

Patrocinador: HAPS (Houston Area Parkinson's Society)

Ubicación: St. Lukes Episcopal Church-Parish Hall, 836 West Jones, **Livingston**

Día/Hora/Costo: 4th Thursdays, 2:45 PM, call for information

Contacto: Bob Malone, 936-967-3977

Grupo: Parkinson's Exercise, Speech & Caregiver Support

Patrocinador: HAPS (Houston Area Parkinson's Society)

Ubicación: The Heritage Gym, **Tomball**

Día/Hora/Costo: Wednesdays & Fridays, 11AM, call for information

Contacto: Jan Ingram, 281-373-0775, call for information

Grupo: Parkinson's Early Onset (under 60)

Patrocinador: HAPS (Houston Area Parkinson's Society)

Ubicación: The Heritage Gym, **Tomball**

Día/Hora/Costo: 3rd Wednesdays, call for information

Contacto: Jan Ingram, 281-373-0775

Cárcel

Grupo: Families Helping Families

Patrocinador: Texas Inmate Families, Conroe Chapter

Ubicación: Montgomery County Library, I-45, **Conroe**

Día/Hora/Costo: 2nd Mondays, 6:30 – 8:30 PM

Contacto: 936-291-2253

Cárcel, cont.

Grupo: Ex-Offenders

Patrocindor: Texas Association of Ex-Offenders

Ubicación:

Día/Hora/Costo: call for information

Contacto: Craig Weaver & Susan Fedele, 281-636-1876

Grupo: Texas Inmate Families

Patrocindor: Texas Inmate Families

Ubicación: Montgomery County Library, I-45 North, **Conroe**

Día/Hora/Costo: 4th Mondays, 6:30-8:30 PM, call for information

Contacto: Marlene 936-441-7503, or Jane 936-228-0905

Ancianos

Grupo: Senior Friends

Patrocindor: Conroe Regional Medical Center

Ubicación: **Conroe** Regional Medical Center

Día/Hora/Costo: call for information

Contacto: 936-539-7094

Grupo: Active Older Adults

Patrocindor: **South Montgomery County YMCA**

Ubicación: 6145 Shadowbend Place, **The Woodlands**

Día/Hora/Costo: monthly activities, trips, exercise programs, call for information

Contacto: Leah Hoyt, 281-367-9622

Abuso de sustancia

Grupo: Al Anon Meeting

Patrocindor: Alcoholics Anonymous

Ubicación: 2030 FM 2854, 2 miles west of I-45, **Conroe**

Día/Hora/Costo: Wednesdays @ 8PM, Mondays @6PM, Fridays @ noon

Contacto: Conroe Club 936-756-3171, or Linda 936-273-3852

Grupo: Alcoholics Anonymous

Patrocindor: Alcoholics Anonymous Houston

Ubicación:

Día/Hora/Costo: call for information

Contacto: 713-686-6300

Grupo: Alcoholics Anonymous

Patrocindor: Alcoholics Anonymous

Ubicación: First Baptist Church in **Willis, South** Thomason Street

Día/Hora/Costo: Thursdays, 8-9PM

Contacto: Eddie Durham, 936-856-5693, call for information

Grupo: Adult Children of Alcoholics

Patrocindor: Trinity Episcopal Church

Ubicación: 3901 S. Panther Creek Dr., **The Woodlands**

Día/Hora/Costo: Fridays, 8PM

Contacto: 281-367-8113, call for information

Grupo: Adult Children of Alcoholics Al Anon

Patrocindor: Trinity Episcopal Church

Ubicación: 3901 S. Panther Creek Dr., Room 216, **The Woodlands**

Día/Hora/Costo: Sundays, 5 PM

Contacto: 281-298-1099, call for information

Grupo: Al Anon for Family and Friends of Alcoholics

Patrocindor: Alcoholics Anonymous

Ubicación: 990 Rayford Road in **Spring**

Día/Hora/Costo: Saturdays @ 8AM, Tuesdays @ noon, Wednesdays @ 6PM

Contacto: 281-292-8334 or 713-683-7227, call for information

Grupo: Cornerstone Group – Families in Recovery

Patrocindor: Trinity Episcopal Church

Ubicación: 3901 S. Panther Creek Dr., Room 215, **The Woodlands**

Día/Hora/Costo: Fridays, 8PM

Contacto: 281-367-8113

Abuso de sustancia, cont.

Grupo: “Easy Does It” Al Anon

Patrocindor: Alcoholics Anonymous

Ubicación: Conroe Regional Medical Center, Dining Room B

Día/Hora/Costo: Thursdays, 8PM, call for information

Contacto: Elizabeth Jimenez, 936-446-3981

Grupo: AA Meeting for Non-Smokers

Grupo: Alcoholics Anonymous

Ubicación: **The Woodlands** United Methodist Church, 2200 Lake Woodlands Dr, #D 211

Día/Hora/Costo: Thursdays, noon-1PM

Contacto: 281-297-5900

Grupo: Woodlands Cornerstone Group

Patrocindor: Alcoholics Anonymous

Ubicación: Trinity Episcopal Church, 3901 S. Panther Creek Dr., **The Woodlands**

Día/Hora/Costo: Call for information

Contacto: 281-367-8113

Grupo: Woodlands Cornerstone Group for Women

Patrocindor: Alcoholics Anonymous

Ubicación: Trinity Episcopal Church, 3901 S. Panther Creek Dr., **The Woodlands**

Día/Hora/Costo: call for information

Contacto: 281-367-8113

Grupo: Narcotics Anonymous

Patrocindor: Narcotics Anonymous

Ubicación: **Houston**

Día/Hora/Costo: call for information

Contacto: 713-661-4200

Grupo: Nicotine Anonymous

Patrocindor: Northwoods Unitarian Church

Ubicación: 1370 N. Millbend Dr., **The Woodlands**

Día/Hora/Costo: Sundays, 8PM, call for information

Contacto: Kathy, 281-681-2765

Grupo: Fresh Start (quit smoking)

Patrocindor: Tomball Regional Hospital

Ubicación: **Tomball** Regional Hospital, Cardiac Rehab

Día/Hora/Costo: call for information

Contacto: 281-401-7733

SUICIDIO

Grupo: Survivors of Suicide (SOS)

Patrocinador: Crisis Intervention of Houston, Inc.

Ubicación: Call for information.

Día/Hora/Costo: Free, call current schedule.

Contacto: Brenda Fitch/Claire Sabatier, 713-527-9864

Misceláneos y Grupos Religiosos

Grupo: Celebrate Recovery (Bible based support for recovery from addictive, compulsive, or dysfunction behavior)

Patrocinador: Fellowship of The Woodlands

Ubicación: Fellowship Drive, off 242, **The Woodlands**

Día/Hora/Costo: Thursdays, 7PM

Contacto: 281-321-3689

Grupo: Overcomers Group (12 Step Serenity Bible Program)

Patrocinador: Ark Family Church

Ubicación: Rhodes Street, **Conroe**

Día/Hora/Costo: Fridays 7PM, call for information

Contacto: Nicole Bartlow, 936-441-4244, x302

Grupo: Job Bank Ministry (Faith based support for those who have lost jobs and seek employment. Connects job seekers with local employment opportunities.)

Patrocinador: Fellowship of The Woodlands

Ubicación: Fellowship Drive, off 242, **The Woodlands**

Día/Hora/Costo: Call for information

Contacto: 281-367-1900 or 936-321-3689

Grupo: The Way (Faith based support for single adults.)

Patrocinador: Fellowship of The Woodlands

Ubicación: Fellowship Drive, off 242, **The Woodlands**

Día/Hora/Costo: Call for information

Contacto: 281-367-1900 or 936-321-3689

Misceláneos & Grupos Religiosos, cont.

Grupo: Athletic Ministry for Men & Women

Patrocindor: Fellowship of The Woodlands

Ubicación: Fellowship Drive, off 242, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: 281-367-1900 or 936-321-3689

Grupo: Samaritan Counseling Center (Individual, family, marriage, child & pastoral therapy; supervised consultation and education programs.)

Ubicación: Christ Church United Methodist

Contacto: 6363 Research Forest Drive, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: 281-480-7554

Grupo: Chronic Pain Support

Patrocindor: **The Woodlands** United Methodist Church

Ubicación: 2200 Lake Woodlands Drive, Wesley Room

Día/Hora/Costo: 1st & 3rd Sundays, 7PM, call for information

Contacto: Alma Khoury, 281-297-5953

Grupo: Cookies & Conversation (Infertility Support)

Patrocindor: Resolve of Houston

Ubicación: S. Montgomery Co. Comm. Ctr., 2235 Lake Robbins, **The Woodlands**

Día/Hora/Costo: call for information

Contacto: 281-292-6353 or 713-975-5324

Ayuda Nacional

- Austin Community Health Care Center (Ladies Center, Inc.).....1-800-999-3110
Answers any questions regarding birth control
- Center for Disease Control 24-hour information lines:
STD Hotline.....1-800-227-8922
AIDS Hotline..... 1-800-342-2437
- Federal Information Center.....1-800-688-9889
Provides Information about the federal agencies, programs and services
- Fair Housing and Equal Opportunity.....1-800-669-9777
Information for those who have questions involving housing discrimination
- Military Benefit Association.....1-800-336-0100
Explains about benefits to the military
- National Domestic Violence Hotline.....1-800-799-7233
Links individuals to domestic violence shelters and other needed social services in their area
- National Institute on Drug and Alcohol Abuse.....1-800-662-4357
Drug and Alcohol Treatment Referral Routing Service
- National Runaway Switchboard.....1-800-621-4000
Receives and gives messages to runaways and their families.
- Poison Control..... 1-800-222-1222
- Peace Corps.....1-800-424-8580
Provides information on volunteering for the Peace Corps

When you don't know who to call:

Montgomery County United Way Helpline.....281-292-4155 ext. 235
888-844-6289 ext. 235

For information on services in other areas call the United Way Helpline:

- Harris County: 1-800-833-5948
- Walker County: 936-291-8986
- Waller County or Liberty County: Houston Service Center-800-833-5948 or
Fort Bend Service Center 281-499-5681

Número de Teléfono para Llamadas Sin Costo en El Estado de Texas

Crisis

Abuse Hotline (TX Dept. Protective and Regulatory Services).....	1-800-252-5400
Missing Persons Clearinghouse.....	1-800-346-3243
Runaway Hotline.....	1-888-580-4357

Niños y adolescentes

Advocacy, Inc./Developmentally Disabled.....	1-800-880-0821
Caring for Children Foundation (immunizations).....	1-800-258-5437
Child Abuse (Children’s Protective Services).....	1-800-252-5400
Child Find / Missing Children.....	1-800-426-5678
Children with Special Health Care Needs.....	1-800-252-8023
Parent Special Education Hotline (TX Education Assoc.).....	1-800-252-9668
Safe Riders (child passenger seats).....	1-800-252-8255
Texas Health Steps Information & Referral.....	1-877-847-8377

Salud

AIDS Hotline.....	1-800-342-2437
Alzheimer’s Disease (Southeast Texas area).....	1-800-272-3900
American Diabetes Association.....	1-800-342-2383
American Heart Association.....	1-800-610-5000
Arthritis Information & Referral.....	1-800-364-8000
Cancer Information Service (National Cancer Institute).....	1-800-422-6237
Children’s Health Insurance Program(CHIP).....	1-800-647-6558
Drug and Alcohol Abuse Hotline (National-can refer to local).....	1-800-662-4357
Environmental Lead Information.....	1-888-778-9440
Asbestos Branch.....	1-800-572-5548
HIV / STD Information.....	1-800-299-2437
Immunization Information and Referral (Dept. of Health).....	1-800-252-9152
Insurance Board (TX Dept. of Insurance-consumer information)...	1-800-252-3439
Kidney Health (TX Dept. of Health).....	1-800-222-3986
Long-term Care Regulatory Hotline (TX Dept. Human Svcs.).....	1-800-458-9858
(Assisted Living, Group Homes, Nursing Homes, Adult Day Care, Foster Care and State Schools)	
Medicare Questions (Social Security Administration).....	1-800-772-1213
Talking Book Program (visually impaired).....	1-800-252-9605
Texas Commission for the Blind.....	1-800-687-7028
Texas Department of Human Services Information & Referral.....	1-888-834-7406
(Includes questions on Medicaid)	
Texas Dept. of Human Services Hospital Complaint Hotline.....	1-888-973-0022
WIC Program.....	1-800-942-3678

Servicios legales

Child Support Enforcement (Attorney General’s Office).....	1-800-252-8014
Family Law Hotline.....	1-800-777-3247
Family Violence Legal Hotline.....	1-800-374-4673
Texas Lawyer Referral Service.....	1-800-252-9690
Voter Registration, Eligibility, Elections.....	1-800-252-8683

Servicios sociales

Governor’s Citizen Assistance.....	1-800-252-9600
Texas Crime Stoppers.....	1-800-252-8477
Texas Department of Human Services.....	1-800-252-9330
Income assistance, TANF, Food Stamps	
Texas Department on Aging.....	1-800-252-9240
Nursing Home Ombudsman.....	1-800-252-2412
Texas State Board of Social Work Examiners.....	1-800-232-3162

Servicios Humanos y de Salud en Los Condados Harris y Montgomery

AIDS/HIV Referral Line.....	713-864-1795
AIDS Foundation of Houston, Inc.....	713-623-6796
American Cancer Society.....	713-266-2877 www.cancer.org
Alzheimer’s Association of Texas.....	713-266-6400 www.alztex.org www.aidshelp.org
The ARC of Greater Houston.....	713-957-1600
Attention Deficit Disorder Association – Southern Region (ADDA – SR) Montgomery County – Pat & Patti Calelly.....	281-292-1970
Autism Society of Greater Houston.....	713-513-7575
Department of Assistive & Rehabilitative Services (Blind).....	713-880-0721
FEAT – Families for Early Treatment for Autism.....	281-292-7200
Heart to Heart (Children w/ disabilities).....	281-419-0329
Hidden Miracles – Serving persons with Down Syndrome Adrienne Walsh	936-264-1803
Houston Assoc.....	713-682-7237
Houston Area Parkinson’s Society (HAPS).....	713-626-7114 info@hapsonline.org www.hapsonline.com
NAMI (National Alliance for the Mentally Ill).....	281-367-2314 936-273-2849
National MS Society, Lone Star Chapter.....	713-526-8967 txh@nmss.org www.nationalmssociety.org/txh
Parents of Children with Disabilities.....	713-926-2580 or 713-743-5435 (Resource guide & parent information network)
Parents & Friends of Gays & Lesbians.....	1-866-488-7386

(The Trevor Project & suicide prevention counselors) www.thetrevorproject.org

Texas Federation of Families for Children’s Mental Health
Montgomery County – Pat & Patti Calelly.....281-292-1970

Texas Polio Survivor’s Association.....936-441-8671

Velo-Cardio Facial Syndrome (OK, TexArklana VCF Group)
Suzanne Manthei.....936-264-4660

United Cerebral Palsy (Houston).....713-838-9050
(Montgomery County).....281-298-6824