

TJ MAHONEY & ASSOCIATES

Ka Hale Ho`āla Hou No Nā Wāhine

The Home of Reawakening for Women

Support Group Listing

ʻUmia ka hanu! Ho`okāhi ka umauma ke kīpo`ohiwi i ke kīpo`ohiwi.

Hold the breath! Walk abreast, shoulder to shoulder.

Be of one accord, as in exerting every effort to lift a heavy weight to the shoulder and to keep together in carrying it along. (Pukui #2876)

Adult Children of Alcoholics

Monday Night ACA Open to All Discussion, Speaker, Book Study	Monday	6:00-7:15 PM	Church Of The Crossroads	1212 University Avenue	HON HI	96816
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Alcoholics Anonymous

SUPPORT GROUPS Island-wide, daily	See Schedule or Call for Info	Central Office 946-1438	1400 Kapiolani Blvd Bldg C6	HON HI	96814
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Al-Anon

Al-Anon SUPPORT GROUP For anyone whose life is or has been affected by someone's drinking	Call for Meeting Information	Oahu 546-5647 Hawaii 935-0971 Kauai 246-1116 Maui 242-0296	Oahu Information Service P.O. Box 2625	HON HI	96803
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Narcotics Anonymous

SUPPORT GROUPS Island wide	Daily	See Schedule or Call for Info	Central Office 734-4357		
SUPPORT GROUP For drug addicts	Daily	4-5pm	Downtown Ohana 381-4994 (Byron)	1159 Bethel St HI	HON 96814

Nar-Anon

Nar-Anon SUPPORT GROUP For family and friends of drug addicts	Monday	8:00-9:30PM	Castle Medical Center 263-5343	640 Ulukahiki Street	KAILUA HI	96734
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Gamblers Anonymous

Honolulu G.A.	Tuesday	7:30 PM	Harris United Methodist Church	20 South Vineyard Boulevard	HON HI	96817
Hawaii Hotline Number: (808) 595-8838						

Codependents Anonymous

SUPPORT GROUPS	M, W, F	6:30 PM	Kaimuki Christian Church 589-2632	1117 Koko Head Avenue, Rm 208	KAIMUKI HI	96816
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Religious Support Groups

New Hope's New Start Support Group	Mondays	7:00 PM- 8:30 PM	New Hope 842-4242	290 Sand Isle Access Rd	HON HI	96819
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More Support Groups

Relationship Healing Support Group (call for info)	Mondays	7:00 PM	Castle Medical Ctr 263-5343	640 Ulukahiki Street	KAILUA HI	96734
Living with Chronic Illness Support Group	Mondays	2:00 PM	Castle Medical Ctr 263-5343	640 Ulukahiki Street	KAILUA HI	96734
Anxiety Self Help Group	Every Other Thursday	6:00-7:30 PM	Queens Medical Ctr 262-5873	1301 Punchbowl Street	HON HI	96813
Ovarian Cancer Support Group	3 rd Tues of each month	6:30-8:00PM	Queens Medical Ctr 547-4243	1301 Punchbowl Street	HON HI	96813
Hepatitis Support Network Support Group	3 rd Thurs of each month	6:00 PM Dinner & Presentation 7:30-8:30 PM Meeting	Life Foundation 375-8160	677 Ala Moana Blvd. Suite 226	HON HI	96813
Adoption Support Group for families dealing with adoption issues	4 th Sunday of each month	2:00-3:00 PM	Adoption Circle of Hawaii 591-3834	Harris United Methodist Church Corner of Nuuanu & Vineyard	HON HI	96814
Sex & Love Addicts Support Group	1 st Wed of each month	8:00 PM	Church of the Crossroads 926-0166	1212 University Ave	HON HI	
Sexual Compulsives Anonymous Support Group	3 rd Tues of each month	6:30-8:00 PM	Queens Medical Ctr 547-4243	1301 Punchbowl Street	HON HI	96813

BRIDGES Groups (through United Self Help)

Building Recovery of Individual Dreams and Goals through Education & Support

Ewa BRIDGES Education classes and support groups	Every Wednesday	6:00 PM-7:30 PM	West Loch Elderly Village Community Center Leona 681-3050	91-1472 Renton Rd	EWA HI
Mo'ili'ili BRIDGES Education classes and support groups	Every Wednesday	6:00 PM-7:30 PM	United Self-Help office in Mo'ili'ili 947-5558	2525 S.King Rm. 303	HON HI
Wahiawa BRIDGES Education classes and support groups	Every Monday	6:00 PM- 8:00 PM	Wahiawa General Hospital Sue 626-3941	128 Lehua Street, Ground floor	WAHIAWA HI
Downtown (Queen's Outpatient) BRIDGES Education classes and support groups	Every Wednesday	4:00 PM-6:00 PM	Queen's Behavioral Health Services 947-5558	1374 Nuuanu Avenue, Kaheihimalie Building	HON HI
Hawaii State Hospital BRIDGES Education classes and support groups	Schedule to be determined	TBD	Hawaii State Hospital 947-5558		KANEOHE HI

United Self Help Support Groups

Central Leeward Group	1 st & 3 rd Monday of the month	9:00 AM-10:00 AM	Central Leeward Community Mental Health Center 947-5558	860 4 th St.	PEARL CITY HI
Kailua, Windward Oahu Group	2 nd & 4 th Monday of the month	5:30 PM-7:00 PM	St. Christopher's Episcopal Church 947-5558	93 N. Kainalu Dr.	KAILUA HI
Wahiawa Group	Every Monday	6:00 PM-8:00 PM	Wahiawa General Hospital, Sue 626-3941	128 Lehua Street, Ground floor	WAHIAWA HI
Depression Group	1 st & 3 rd Friday of each month	5:00 PM-6:30 PM	United Self-Help Conference room 947-5558	2525 S. King Ste 303	HON HI
Depression and Bipolar Support Alliance (DBSA) Support Group 1	2 nd & 4 th Monday of each month	6:00 PM-7:30 PM	Waikiki Health Center Lobby 947-5558	277 Ohua Avenue	HON HI
Depression and Bipolar Support Alliance (DBSA) Support Group 2	1 st & 3 rd Monday of each month	6:00 PM-7:30 PM	United Self-Help Conference room 947-5558	2525 S. King Ste 303	HON HI

United Self Help Support Groups (cont.)

Anxiety and Depression Class	2 nd & 4 th Thursday of each month	3:00 PM- 4:30 PM	United Self-Help Conference room 947-5558	2525 S. King Ste 303	HON HI
Self-Esteem Group	1 st & 3 rd Monday of each month	3:00 PM- 4:30 PM	United Self-Help Conference room Call Mike 521-3269	2525 S. King Ste 303	HON HI
Puo'o Spiritual Writing and Creative Arts Group	Every Friday	6:00 PM- 8:00 PM	Wahaiwa General Hospital, ground floor Call Carrie 203-8180	128 Lehua Street	HON HI
Schizophrenia & Schizoaffective Disorder Group	1 st & 3 rd Thursday of each month	6:00 PM- 7:30 PM	United Self-Help Conference room 947-5558	2525 S. King Ste 303	HON HI

Bereavement/Grief Support Groups

Weekly Bereavement Support Group For anyone who has lost a loved one through death	Tuesday	7:00 PM	Castle Medical Ctr 263-5343	640 Ulukahiki Street	KAILUA HI	96734
Monthly Bereavement Support Group For anyone who has lost a loved one through death	First Mon of the month	11:00 AM	Castle Medical Ctr 263-5343	640 Ulukahiki Street	KAILUA HI	96734
HEARTS Hope, Encouragement, Assistance & Resolve Through Sharing For parents who have suffered the death of an infant	1 st & 3 rd Wed of the month	2:30 PM	973-3042 call for locations			
Pediatric Support Group For families who have suffered the death of a child	3 rd Mon of the month	6:00 PM				
Perinatal Support Group For families who suffer the death of a baby through miscarriage, stillbirth, therapeutic abortion or neonatal death	2 nd & 4 th Wed of the month	5:30- 7:30PM	Shriner's Hospital 973-8284			
Stroke Club For survivors of stroke and family members	4 th Mon of the month	5:30- 7:30PM	Shriner's Hospital 973-3042	1 st floor board room		
Survivors of Suicide Confidential Support Group	3 rd Wed of the month	10:00- 11:30 AM	Castle Medical Ctr 235-8737	640 Ulukahiki Street	KAILUA HI	96734
Compassionate Friends Parents and siblings of children who died	Tuesdays		Helping Hands Hawaii	521-4555		
Compassionate Friends Parents and siblings of children who died	2 nd Sat of the month	10:00AM – 2:00PM	Waikiki Yacht Club	1599 Ala Moana Blvd	HON HI	

Attitudinal Healing Support Groups

For locations and more information, contact The Hawaii Center for Attitudinal Healing
781-7617 or www.attitudinalhealinghawaii.org

Living With Illness Support Group	For adults with life threatening or chronic illness	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island
Living With Loss Support Group	For adults caring for loved ones who are ill or for those who have lost a loved one through death	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island
Person to Person Support Group	For adults in highly stressful situations not related to illness	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island
Attitudinal Healing Study Group	For those interested in improving quality of life through reading & discussing attitudinal healing concepts	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island
ProAttitudes Support Group	Educational workshops for business	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island
Power to Choose Support Group	Programs for children & youth	The Hawaii Center for Attitudinal Healing 781-7617	Oahu, Kauai, & Big Island