



Free Self-help Support Groups

Peer-led by trained facilitators
Most meet weekly • Two in Spanish

Aftermath, for those who have lost a loved one to suicide, meets 2nd and 4th Mondays, 6:30 pm,
Centenary United Methodist Church, Providence Room.

Minds at Ease, for people with generalized anxiety disorder, phobias, OCD, and PTSD, meets each Thursday, 7 pm,
First Lutheran Church, Rm. 8.

Sunshine and Rain, for people with depression and bipolar disorder, meets each Saturday, 10:30 am-noon,
Christ Lutheran Church.

Wellness 101, for people with depression and bipolar disorder, meets each Tuesday, 7 pm,
First Lutheran Church, Rm. 8.

Double Doses, for people with alcohol, substance abuse and mental health issues, meets each Tuesday, 7 pm,
First Lutheran Church, Rm. 8.

Family and Friends Group for those who have a loved one with a mental illness, meets each Tuesday, 7 pm,
First Lutheran Church, Rm. 8.

Right Track, for people with schizophrenia, meets each Tuesday, 6 pm, Centenary United Methodist Church,
Medlin Room.

Latino Support Groups for Emotional and Mental Wellbeing (2), meet weekly at First Lutheran Church,
Rm. 1, Tuesdays and Thursdays, 10:00 am – 12:00 pm.

Support Group Locations and Addresses in Greensboro

Centenary United Methodist Church, 2300 W. Friendly Ave., Enter at Villa Dr.

First Lutheran Church, 3600 W. Friendly Ave.

Christ Lutheran Church, 3600 Lawndale Dr.

Other Free Services

- Compeer Friends mentoring program
- Compeer Connections social activities
- Depression & Anxiety Screenings
By Appointment or Online
- Information and Referrals, 9 am - 5 pm,
Monday-Friday
- Online Mental Health Provider Directory
& Community Support Group Directory
- Peer Support Program
- Suicide Prevention Training
- Wellness Recovery Action Planning

Mental Health Association in Greensboro

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