

MENTAL HEALTH Minnesota

The Voice of Recovery

Support Groups

One in every five adults in the U.S. will experience a mental health concern at some point in their lifetime. Mental Health Minnesota offers Peer-Led Support Groups for Recovery and Wellness, Depression and Bipolar Support Alliance (DBSA) groups, and online support groups. All of our support groups are free. All in-person support groups are drop-in groups and online support groups require online registration.

Peer-Led Support Groups for Recovery & Wellness

These groups are open to anyone with a mental health concern.

Bloomington - Women's Group

When: First and third Monday of every month, 12:30 pm – 2 pm

Where: Minnesota Valley Unitarian Universalist Fellowship (MVUUF), 10715 Zenith Avenue S, Bloomington, 55431

Questions? Contact Angie at 952-688-6641 or bloomington@mentalhealthmn.org

Glencoe

When: Every Wednesday, 7 pm – 8 pm

Where: Glencoe Regional Health Services, Conference room “C,” 1805 Hennepin Ave N, Glencoe, 55336

Questions? Contact Frank at 320-455-9264 or frankd@mentalhealthmn.org

Minneapolis

When: Second and fourth Friday of every month, 7 pm – 8 pm

Where: Mount Olive Lutheran Church, 3045 Chicago Ave S, Minneapolis, 55407, enter church through red door

Questions? Contact Kay at 763-318-1796 or minneapolis@mentalhealthmn.org

Monticello

When: Second Tuesday of every month, 7 pm – 8:30 pm

Where: Monticello Community Center, Academy Room, 505 Walnut St, Monticello, 55362

Questions? Contact Frank at 320-455-9264 or monticello@mentalhealthmn.org

Mounds View

When: Second and fourth Tuesday of every month, 7 pm – 8 pm

Where: Sunrise Methodist Church, 7687 Long Lake Road, Mounds View, 55112

Questions? Contact Samantha at 612-298-7422 or moundsview@mentalhealthmn.org

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Depression and Bipolar Support Alliance (DBSA) Groups

These groups provide support to people living with depression or bipolar disorder.

Eagan

When: First and third Monday of every month, 7 pm – 8:30 pm

(Please note: This group does not meet on Martin Luther King Jr. Day, Presidents' Day, Memorial Day, or Labor Day.)

Where: St. John Neumann Catholic Church, 4030 Pilot Knob Road, Eagan, 55122

Questions? Contact Cindy at 612-386-9131

Maple Grove

When: First and third Thursday of every month, 7 pm – 9 pm

Where: St. Joseph the Worker Catholic Church, 7180 Hemlock Lane, Maple Grove, 55369

Questions? Contact Steve at 763-425-6505, ext. 107

St. Louis Park

When: Second and fourth Thursday of every month, 7 pm – 9 pm

Where: Park Nicollet Melrose Center, 3525 Monterey Drive, St. Louis Park, 55416

Questions? Contact Bobby at 952-938-8941

St. Paul – Highland Park

When: First, third, and fifth Wednesday of every month, 7 pm – 8:30pm

Where: St. Paul Jewish Community Center, 1375 St. Paul Avenue, St. Paul, 55116

Questions? Contact Mary at 651-636-4012

Albany

When: Every Monday, 6:30 – 7:30 pm

Where: CentraCare Clinic, 320 Third Avenue, Albany, MN, 56307

Questions? Contact CentraCare at 320-845-2157

St. Cloud

When: Every Thursday, 6:00-7:30 pm

Where: Hope Community Support Program, 157 Roosevelt Road, Suite 300, St. Cloud, 56301

Questions? Contact Hope Community Support Program at 320-240-3324

For more information and to view online support groups, visit:
www.mentalhealthmn.org

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