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 moundsvi@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, 3325 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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