Support Groups in the Cincinnati Area

Support groups are designed to bring together individuals with shared experiences and needs to exchange coping strategies, provide mutual support, and foster a sense of community. MindPeace shares information about a variety of support groups located throughout the Greater Cincinnati area, helping individuals and families find connections and resources that meet their needs.

Please contact the support group before attending your first meeting to ensure there have been no changes to the location or times.

* Asterisks indicate that the support group accepts youth under 18

Table of Contents: (May 2026)

1. Abuse/Domestic Violence
2. Addiction
3. Anger Management
4. Anxiety/OCD Disorder
5. Bipolar
6. Borderline Personality Disorder
7. Codependency
8. Depression
9. Eating Disorders
10. Gay/Lesbian/Bisexual/Transgender
11. Grief
12. Pet Loss
13. Schizophrenia
14. Suicide
15. Body-Focused Repetitive Behavior Support
16. General Meeting
17. Caregiver Meeting

Abuse/Domestic Violence Support Groups

Domestic Violence Support Group

Women Helping Women

A Domestic Violence Support Group

These support groups are conducted to help survivors cope with confusion, anger, and fear often experienced after episodes of sexual assault and domestic violence. Groups enable survivors to share their experiences and feelings, and provide them support to overcome their fears and feelings of isolation.

Locations:

- Hamilton County - 215 E 9th St, Floor 7, Cincinnati, OH 45202
- Butler County - 323 N. 3rd St, 2nd Floor, Hamilton, OH 45011
- Adams County - 236 N. Market Street, West Union, OH 45693
- Clermont County - 3020 Hospital Drive, Batavia, OH 45103
- Brown County - 109 E. Grant Avenue, Georgetown, OH 45121

Call for dates, times, and more information: (24/7 helpline) 513-381-5610

www.womenhelpingwomen.org

Transform Adult Program

YWCA of Greater Cincinnati

Meetings are in-person, and locations vary depending on the day of the week.

Transform is a 20-session group service for men who harm their intimate partners. This program is primarily educational and informational. Participants may be court-ordered to attend, referred by other agencies, or self-referred. Participants will have the opportunity to identify thinking and behavior patterns, learn and practice new ways of pro-social thinking and non-abusive behaviors, as well as transform their family life and strengthen relationships.

YWCA Cincinnati Location:

898 Walnut Street

Cincinnati, OH 45202

Morning & Evening options

There is a $20.00 fee for each class session

Contact the office coordinator for information and referral form: 513-241-7090

Interested parties should email Transform@ywcacin.org to get connected.
https://ywcacincinnati.org/violence-prevention-intervention

Women's Group

IKRON
This counseling group addresses women's issues as they relate to a variety of skills and emotional issues, such as parenting, relationships, stress management, self-esteem, confidence, career, etc. All women seeking support are welcome. Need to register and complete an application.

IKRON Group Registration Process

1) Call 513-621-1117 to schedule a 2-hour intake appointment
2) Complete clinical assessment to assess needs
3) IKRON will contact with suggested therapist/groups

Location: 2347 Vine Street, Cincinnati, OH 45219
Call IKRON to register and obtain more information: 513-621-1117 www.ikron.org
Accepts Medicaid and Medicare. Sliding scale, income-based.

Women's Trauma Support Group

Women's Connection - DeCoach Recovery Centre
Support for women whose lives have been affected by violence. By registration only.
Registration Process:

1) Call 513-892-4673
2) In-person intake appointment/needs assessment
3) Creation of treatment plan, group may be included/requested

Location: 4042 Glenway Ave, Cincinnati, OH 45205
513-892-4673

Addiction (General) Support Groups:

Al-Anon Adult Children of Alcoholics

A twelve-step program for women and men who grew up in alcoholic or otherwise dysfunctional homes and who meet to find freedom from the past and ways to improve today.
No fees or registration necessary

Multiple group site locations across Cincinnati and Northern Kentucky. Check the map on their website to find a meeting location/day that works best. Options for electronic meetings.
Call: 513-947-3700 or e-mail: info@cincinnatiafg.org
www.cincinnatiafg.org

***Alcoholics Anonymous**

Greater Cincinnati Alcoholics Anonymous
Meetings in-person and virtually.
Fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.
Find an AA meeting near you: https://aacincinnati.org/meetings/?type=newcomer
Central Greater Cincinnati Office: 2300 Florence Av, Cincinnati, OH 45206
MWF 10a-5p, T&R 11a-6p, Sa 11a-2p
For more information and general questions, visit: https://aacincinnati.org/ and fill out a contact form.
24 Hour Hotline: 513-351-0422

***Young People's Sobriety Group**

Anyone from the community is welcome to attend and learn more about how AA operates and what the 12-step recovery model includes. This includes alcoholics as well as their friends, relatives, and loved ones. Specific discussions of alcoholic addiction and recovery are also held where individuals can share thoughts and experiences.
7205 Kenwood Rd
Cincinnati, OH 45236
Fridays 8-9pm
24/7 Hotline: 513-427-2487
https://sober.com/aa-meeting/young-peoples-sobriety-group/

***Celebrate Recovery**

This group is a Christian-based 12-step recovery program for alcoholics, co-dependents, people with eating disorders, sexual addictions, anger, dealing with past or current physical or sexual abuse issues, etc. This group is for anyone dealing with hurt, pain, or addiction of any kind.
Several groups in Cincinnati, Butler Co., Warren Co., and Clermont Co.

Find a group near you here: https://crlocator.com/
Join a virtual meeting every week on Wednesdays at 12 pm - just provide your email for a link to the meeting on their website.
See website for group locations, dates, and times: www.celebraterecovery.com

*Debtors Anonymous

A 12-Step recovery program for people who want to stop incurring unsecured debt. Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.
Find a meeting near you here: https://www.debtorsanonymous.org/meeting-search-f2f/
In-person meetings are held on Sundays from 9 am - 10 am at Hope Lutheran Church
4695 Blue Rock Road, Cincinnati, OH 45247 (Meeting is held in the Choir Room)
Contact: 800-421-2383 or www.debtorsanonymous.org for more meeting times and locations.

*Family Education/Intervention

Addiction Services Counsel
This organization has focused on a wide range of programs that serve children, adolescents, families, women, older adults, and persons with co-occurring substance abuse and mental health disorders.
The “Council” has continued to expand its ability to provide information, referral, assessment, and linkage for appropriate care to clients.
24/7 phone helpline 513-620-7464
2828 Vernon Place
Cincinnati, OH. 45219
For more information about community events and questions, call 513-281-7880 or visit https://www.addictionservicescouncil.org/

*Gamblers Anonymous

Fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees. The primary purpose is to stop gambling and to help other compulsive gamblers do the same. Multiple locations, in-person, and virtual meetings.

Search for a meeting near you here: https://gamblersanonymous.org/usa-meetings/
Contact for dates, times, locations, and more information at (909) 931-9056, isomain@gamblersanonymous.org, or visit www.gamblersanonymous.org

Nar-Anon

Nar-Anon Family Group Headquarters, Inc.
Nar-Anon is a twelve-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.
Find a meeting near you here: https://nar-anon.org/find-a-meeting/
Locations and times of meetings vary.
Contact for more information: (800) 477-6291 or wso@nar-anon.org
https://nar-anon.org/

*Narateen

Nar-Anon Family Group Headquarters, Inc.
Narateen groups, which are part of the Nar-Anon fellowship, are formed to provide support to teenage family members and friends of addicts. A Narateen group is a safe environment where teenagers can share and work on their recovery.
Find a meeting near you here: https://nar-anon.org/narateen-meetings/
Locations and times of meetings vary.
Contact for more information: (800) 477-6291 or wso@nar-anon.org
https://nar-anon.org/

*Queen City Group

A 12-step program based on the principles of Alcoholics Anonymous. We strive to provide a safe and sober environment for the lesbian or gay alcoholic where individuals can pursue a program of recovery amid our supportive, friendly fellowship.
Meetings are on Fridays and Saturdays at 7 PM.
Clifton United Methodist Church
3416 Clifton Avenue, Cincinnati, OH
Visit https://aacincinnati.org/meetings/queen-city-group-lgbt-2/ for more information.

*SMART Recovery (Self-Management and Recovery Training)

Participants help one another resolve problems with any addiction, including drugs, alcohol, gambling, or overeating. Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by a science-based, sensible 4-point program. The program teaches how to change self-defeating thinking, emotions, and actions, and to work towards long-term satisfaction and quality of life. SMART is an alternative to Alcoholics Anonymous and Narcotics Anonymous.
Meeting times and locations vary. Find a meeting near you here:
https://meetings.smartrecovery.org/meetings/?location=Cincinnati,%20OH&coordinates=50
Meetings are around 90 minutes.
Meetings are also offered based on age group.
More information at www.smartrecovery.org

Anger Management Support Groups:

Anger Management

A 10-session anger management program that is evidence-based by SAMHSA and is accepted by courts. Once you have completed the program, you'll receive a certificate of completion and a letter outlining the contents of each session. You do not need to be court-ordered to attend.
Multiple locations.
Cost: $40 per session
Waybridge Counseling
4030 Mt Carmel Tobasco Road
Suite 102
Cincinnati, OH 45255
Hosted by Butch Losey. Call 513-457-4673 for more information
https://www.waybridgecounseling.com/

SAFE GROUP

IKRON- This group is designed for people who have difficulty managing stress and daily socio-occupational functioning. Discussions about anger management and frustration. Find encouragement and learn new ways to handle difficulties in your life. Must register to attend.

IKRON Group Registration Process

4) Call 513-621-1117 to schedule a 2-hour intake appointment
5) Complete clinical assessment to assess needs
6) IKRON will contact with suggested therapist/groups

2347 Vine St., Cincinnati, OH 45219

Contact IKRON to register and for more information 513-621-1117 www.ikron.org

Anxiety/OCD Support Groups:

***Anxiety Support Group**

Mental Health America NKYSWOH

A space to talk, share skills, and receive encouragement for people living with an anxiety disorder.

In-person meetings are held on the first and third Wednesdays, 6-7 pm.

Virtual meetings are on the second and fourth Mondays, 7-8:30pm

Locations vary; please check the support group calendar for the correct location.

You are required to fill out this registration form before attending in-person meetings: In-person registration

Fill out this registration form before attending virtual meetings: Virtual registration

Visit https://www.mmuir@mhankyswoh.org/ for more information, or email supportgroups@mhaohio.org

***OCD Support Group**

Mental Health America NKYSWOH

GOALS for OCD

A space to talk, share skills, and receive encouragement for people living with an Obsessive-Compulsive disorder.

The first meeting of every month will be held in-person at:

2939 Kenny Road, Suite 201, Columbus, OH 43211

Virtual meetings are on the first and third Wednesdays, 6:30-8:30 pm.

Please fill out the correct registration forms before attending:

Virtual registration

In-person registration

Visit https://www.mmuir@mhankyswoh.org/ for more information, or email supportgroups@mhaohio.org

Clifton Adult OCD

Meets every Monday from 7:00-8:30 pm and is open to individuals with OCD, as well as their family and friends. This is a peer-led support group. Cost:$1 fee/donation per session.
Tami Mahler: 513-479-8660
Clifton United Methodist Church
3416 Clifton Avenue, Cincinnati, OH 45220

Bipolar Support Groups:

*Bipolar Disorder Support Group

Depression Bipolar Support Alliance (DBSA) Online Support Group
DBSA online support groups offer people living with depression or bipolar disorder a safe, welcoming space to share experiences, discuss coping strategies, and support one another with hope. All groups are free of charge.
Find a virtual meeting that fits your needs here:
https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/
After registering, you will receive an email with further instructions.
Call (312) 642-0049 with any questions or visit https://www.dbsalliance.org/support/ for more information.

Depression and Bipolar Support Group

Offers a supportive atmosphere for those living with depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing. Intake required. 18+

Recovery Center of Hamilton County Intake Process:

- **Step One:** Join us for a tour Mondays or Wednesdays at 12:45PM, no appointment or referral necessary.
- **Step Two**: After the tour, If you are interested and meet our eligibility requirements call us to schedule the intake process.

- **Step Three:** Fill out your member packet prior to your intake appointment.
- **Step Four:** Intake. Once you have had your intake appointment and have been approved to be a member, join us for your next scheduled class!

Recovery Center of Hamilton County 513-241-1411
Located 2340 Auburn Avenue, Cincinnati, OH 45219
Mondays 1:30pm (online), Thursdays 1:30pm (In-person)
www.recoverycenterhc.org for monthly schedules of meetings

Borderline Personality Disorder Support Groups:

*Emotions Matter

Fully online support group for individuals with BPD
Website: https://emotionsmatterbpd.org/peer-support-groups-information

Codependency Support Groups:

CoDA 12 Step Group

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. We gather together to support and share in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.
Location: College Hill Presbyterian Church
5742 Hamilton Ave, Cincinnati, OH, 45224
Wednesdays at 7:30 pm
Search for support groups near you here: https://coda.org/find-a-meeting/
Call Sarah at 513-549-2405
www.coda.org

Depression Support Groups:

Depression Support Group

IKRON -The discussion group is an open group, accepting new members every session, for anyone interested in sharing insights or ways of dealing with their depression. This psychotherapy group focuses on the treatment of depression. Must register by calling to attend.

IKRON Group Registration Process

7) Call 513-621-1117 to schedule a 2-hour intake appointment
8) Complete clinical assessment to assess needs
9) IKRON will contact with suggested therapist/groups

Location: 2347 Vine Street, Cincinnati, OH 45219

Contact: 513-621-1117

https://cincinnati.ikron.org/our-services/support/individual-and-group-counseling/

Depression Support Group

Mental Health of America

The purpose of this group is to offer support to individuals suffering from depression. The group offers a safe and comfortable environment in which to discuss problems and experiences related to depression. The group is for members who are actively working on identifying or working through their issues and group facilitators assist members with identifying these problems.

In-person meeting: Second and fourth Thursday, 5:30 - 6:30 pm

1301 N. High Street, Columbus, OH 43201 (enter using side door)

In-person Registration

Online meeting: First and Third Thursday, 6-7pm

Online Registration

For more information call 614-221-1441 or email at supportgroups@mhaohio.org

Depression Support Group

Recovery Center of Hamilton County Support group for depression

Offers a supportive atmosphere for those living with depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing. Intake required. 18+

Recovery Center of Hamilton County Intake Process:

- **Step One:** Join us for a tour Mondays or Wednesdays at 12:45PM, no appointment or referral necessary.
- **Step Two**: After the tour, If you are interested and meet our eligibility requirements call us to schedule the intake process.
- **Step Three:** Fill out your member packet prior to your intake appointment.
- **Step Four:** Intake. Once you have had your intake appointment and have been approved to be a member, join us for your next scheduled class!

Located 2340 Auburn Avenue, Cincinnati, OH 45219
Mondays @ 1:30pm (online), Thursdays @ 1:30pm (in-person)
Call 513-241-1411 for more information
www.recoverycenterhc.org for monthly schedules of meetings

Men's Support Group for Depression

IKRON
A support group specifically for men with depression. The group also focuses on specific concerns typically identified by men, such as relationships, communication, role in family and society, career, and personal growth. Please call to sign up before attending.
2347 Vine Street, Cincinnati, OH 45219

IKRON Group Registration Process

1. Call 513-621-1117 to schedule a 2-hour intake appointment
2. Complete clinical assessment to assess needs
3. IKRON will contact with suggested therapist/groups

https://cincinnati.ikron.org/our-services/support/individual-and-group-counseling/

Eating Disorders Support Groups:

Overeaters Anonymous

12-step program for anyone with compulsive eating habits who wants to change.
Many times and locations around Cincinnati.
Find a meeting near you here: https://oa.org/

Call 505-891-2664 for more information, or fill out a contact form: https://oa.org/contact/

Eating Disorder Family Support Group

Caring for the Carers: Eating Disorder Support Circle at Linder Center for HOPE
This group will offer education, support, and feedback for families as well as a caring and safe environment to express concerns. Group members will have space to share their experiences, challenges, and feelings with others who truly understand the complexities of supporting someone through recovery. The group's focus is to provide emotional support, practical resources, and guidance to help individuals navigate the journey alongside their loved ones while also taking care of their own well-being. An experienced professional member of the Harold C. Schott Foundation Eating Disorders Program facilitates all groups. For the protection of patients and families, confidentiality is expected within this group.
Meets every Wednesday from 4-5 pm virtually via Zoom.
Contact us directly if you are planning to attend.
For additional information or if you plan to attend, contact Kathryn Bruno, LPMT, at (513) 536-0214

Eating Recovery Center Virtual Support Group

The Eating Recovery Center offers multiple forms of treatment for eating disorders as well as support for anyone battling an eating disorder, family, or friends. Visit https://www.eatingrecoverycenter.com/events/support-groups to find a group and register for a time.

Gay/Lesbian/Bi-Sexual/Transgender Support Groups:

Cross Port

Transgender Peer Support Meeting
This group provides an environment in which all transgender identified and questioning people have the opportunity to meet and discuss concerns that affect them and to network in a supportive forum. This meeting is open to transmasculine and transfeminine identified people across the gender spectrum, as well as non-transgender identified supporters and allies.

Held on the **second and fourth Monday** of every month **at 7:30 pm** at Mount Auburn Presbyterian Church in Clifton.

513-344-0116 or crossportcincy@yahoo.com
Visit Crossport.org for more information.

GLSEN Greater Cincinnati Youth Group

Offers a weekly social and organizing group for LGBTQPIA and ally middle and high school age youth (age 11+).
Mondays 6:00pm - 8:00pm
Mt. Auburn Presbyterian
https://www.glsencincinnati.org/youthgroup
Call 866-934-9119 or email chapter@gcoh.glsen.org for more information.

PFLAG (Parents, Families, and Friends of Lesbians and Gays)

Support group open to parents, family, and friends of gays, lesbians, bisexuals, and transgender persons, as well as to gays, lesbians, bisexuals, and transgender persons. Meetings include support discussions and often a program.

Cincinnati Support Meetings
Every second Tuesday from 7:00-9:00 PM
Tree House Cincinnati
103 William Howard Taft Rd
Cincinnati, OH 45219

Northern Kentucky Support Meetings
Every last Wednesday from 7:00-8:30 PM
300 Main St.
Florence, KY 41042

New Online Parent & Caregiver Support Meeting
Every third Thursday from 7-8:30 PM
PFLAG Cincinnati Zoom (prior registration required)
Link provided to registrants shortly before the meeting
To register, click here!
For more information, fill out a contact form here: https://www.pflagcincinnati.org/contact-us
https://www.pflagcincinnati.org/

NAMI LGBTQIA+ Connection Support Group

NAMI Southwest Ohio x Transform Connection Recovery Support Group is a free, peer-led support group by and for LGBTQIA+ individuals living with a mental health condition. You will gain insight from hearing the challenges and successes of others. Each group is led by LGBTQIA+ members of the community who have been there. Follow this link to view upcoming meeting times and locations. No registration is required, just show up!

In-person meetings - 2nd and 4th Mondays from 6-7pm

1639 W. North Bend Rd, Cincinnati, OH 45224

Virtual meetings - 1st and 3rd Mondays from 6-7:30pm

https://namiswoh.org/support-and-education/support-groups/nami-lgbtqia-connection/

Grief (General) Support Groups:

Companions on a Journey Grief Support

Christian-based program designed for children, teens, and adults who have experienced the death of a loved one.

Take a look at their calendar to view the variety of support groups, times, and locations.

https://www.companionsonajourney.org/programs-services/calendar/

www.companionsonajourney.org

Call 513-870-9108 or email info@companionsonajourney.org for more information.

Bereavement Support Group

VITAS Healthcare

Current Ongoing Support Groups. These are held weekly on Zoom for 60 minutes per session:

- **Parents Grieving Children:** Mondays (3 p.m. ET / 2 p.m. CT / 12 p.m. PT)
- **LGBTQ+ and Grief**: Tuesdays (6:30 p.m. ET / 5:30 p.m. CT / 3:30 p.m. PT)
- **Grupo de Apoyo General para Hispanoparlantes**: Wednesdays (8 p.m. ET / 7 p.m. CT / 5 p.m. PT)
- **Grupo de Apoyo General para Hispanoparlantes:** 2nd and 4th Friday (3 pm ET / 2 pm CT / 12 pm PT)
- **Men & Grief - Spousal Loss**: 1st and 3rd Thursday of each month (3 p.m. ET / 2 p.m. CT / 12 p.m. PT)
- **Men & Grief - General Grief:** 2nd and 4th Thursday of each month (3 p.m. ET / 2 p.m. CT / 12 p.m. PT)

View and register for support groups here:

https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups

Compassionate Friends

Compassionate Friends East Chapter

For parents and adult family members who have experienced the death of a child, sibling or grandchild

Greater Cincinnati TCF – East Chapter

St Timothy Episcopal Church, 8101 Beechmont Avenue Cincinnati, OH, 45255-3190, United States
Email: tcfcincyeast@gmail.com Url: http://www.tcfcincy.com
Phone Contact: Kathy 859-475-8873
Meeting Info:
4th Tuesday of each month 7:00 pm (except December)

TCF of Cincinnati North

Spring Grove Funeral Home, 11285 Princeton Pike, Cincinnati Ohio 45246-3701, United States
Email: tcfofcincinnatinorth@gmail.com Url: http://www.tcfcincinnatinorth.org
Phone Contact: Karen (513) 207-8714 or Ed (513) 518-9358
Meeting Info:

1st Tuesday of each month from 7:00 – 9:00 pm

TCF of Greater Cincinnati – Southwest, OH

Harrison Branch Public Library, 10398 New Haven Rd, Harrison OH 45030, United States
Email: tcfcincisouthwest@gmail.com
Phone Contact:Haley (513) 390-2360
Meeting Info:
3rd Tuesday of each month at 7:00 pm

https://www.compassionatefriends.org/find-support/chapters/chapter-locator/?location=cincinnati

Grief Support Groups

Hospice of Cincinnati
For those who have lost a loved one from any cause. Various Groups available.
Groups and workshops will meet at the Hospice of Cincinnati Administrative Building: 4360 Cooper Road, Cincinnati, OH 45245.
Call 513-246-9208 or BereavementReferral@trihealth.com
www.hospiceofcincinnati.org

Fernside Support Groups

Fernside, Supporting Children & Families Through Grief

A place of comfort and support for children and teens, and their families who have had a significant death in the family. Variety of support groups for children, parents and guardians. Located in Anderson township, Blue Ash, Bridgetown, West Chester, Hamilton, and Downtown area. Call for times and more information: 513-246-9140

www.fernside.org

Mercy Hospital – Anderson Grief Support Group

Support group for individuals who have suffered a significant loss through death.

Medical Office Building
Ground floor, Conference Room A
7500 State Road
Cincinnati, OH 45230
Contact: Chaplain Marty Hoffmann: 513-732-8383

Motherless Daughters Network

Coaching for Motherless Daughters: A Path to Healing and Growth

Coaching for motherless daughters provides a safe, structured, and compassionate space where motherless daughters can explore their grief, process their emotions, and develop the tools they need to thrive, providing a forward-focused process that empowers women to set goals, build resilience, and create meaningful lives despite their loss. Coaching for motherless daughters is not about “fixing” you—it’s about empowering you to embrace your story, heal your wounds, and step into your full potential.

Click here to view a variety of coaching options:

https://www.motherlessdaughtersministry.com/coaching/

New Day Support Group

Good Shepherd Church

A nine-week grief support group is offered for anyone who has lost a loved one. Free of charge, but donations are available. Offered several times during the year.

Upcoming Program Dates & Times

Nine consecutive Thursday evenings: August 14 through October 9, 2025. 7:00-9:00 p.m

Nine consecutive Wednesdays afternoons: January 14 through March 11, 2026. 1:00-3:00 p.m.

Nine consecutive Monday evenings: March 23 through May 18, 2026. 7:00-9:00 p.m.

Can register online on their site: https://good-shepherd.org/grief-support
Good Shepherd Church
8815 E. Kemper Rd.
Cincinnati, OH 45249
Contact Kathy Teipen for more information: 513-489-7489 or kteipenzoomtown.com

Pet Loss Support Groups:

Pet Loss Support Group

Angel Paws Traditional Adult Pet Loss Support Group:
Groups are offered as virtual sessions led by a facilitator. Each week, you will learn about a topic for your pet loss journey and come together in a group for discussion. Educational topics are available to view on demand, whether you'd like to take the journey on your own or with your support group!

Meetings will be held every Tuesday evening, 6:00-7:30 p.m., virtually via Zoom (except the 3rd Tuesday of each month).
In-person social gathering the 3rd Tuesday of every month, 6:00-7:30 p.m. at Panera Bread - 11033 Reed Hartman Hwy, Blue Ash, OH 45242 (weather permitting).
RSVP to SupportGroup@AngelsPaws.com or call 513-489-7297 ext. 7 to join our next session and receive the Zoom link.
https://www.angelspaws.com/grief-counseling-and-support-groups

Schizophrenia Support Groups:

Schizophrenia and Psychosis Action Alliance

Schizophrenia & Psychosis Action Alliance offers a free information resource line with specially trained team members who can provide personalized information and resources to people with schizophrenia-related illnesses and their families.

Register for virtual peer-led support groups here: https://sczaction.org/peer-support-groups/

Suicide Support Groups:

Survivors of Suicide Loss

For some suicide loss survivors, participation in a support group is felt to be their only access to people who they feel can understand them.
Click here to view and contact a group in your area:
https://www.ohiospf.org/postvention/support-group/?region=sw
https://www.ohiospf.org/

Survivors of Suicide Loss Support Group

FREE and facilitated by trained peer leaders from the Hamilton County Suicide Prevention Coalition/Talbert House
Email for dates and times.
Hyde Park Branch Library
2747 Erie Ave., Cincinnati, OH, 45208
RSVP to: mary.wolff@talberthouse.org

Body-Focused Repetitive Behavior Support:

BFRB Changemakers

Offers various virtual support group options for BFRBs, including trichotillomania (hair-pulling) and dermatillomania (skin-picking). All groups are free, volunteer-run, and occur monthly. For more information on dates, times, and group approach, follow this link.
To register, email: novatrichandpick@gmail.com
Website: https://bfrbchangemakers.org/pages/mission

General Meeting Support:

NAMI Connection

NAMI of Southwest Ohio provides education, support, and advocacy for those and their loved ones suffering from mental illness.
NAMI Connection is a support group for people with mental health conditions. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. Follow this link to view upcoming meeting times and locations. No registration is required, just show up!
https://namiswoh.org/support-and-education/support-groups/nami-connection/

Caregiver Meeting Support:

NAMI Lens

NAMI of Southwest Ohio provides education, support, and advocacy for those and their loved ones suffering from mental illness.
LENS support groups are 90-minute meetings for both family members and friends, as well as people living with mental illness. Follow this link to view upcoming meeting times and locations. No registration is required, just show up!
Church of Savior United Methodist
8005 Pfeiffer Rd, Cincinnati, OH
*No religious affiliation!
https://namiswoh.org/events/category/lens/list/

NAMI Family Support

NAMI of Southwest Ohio provides education, support, and advocacy for loved ones suffering from mental illness.
NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. Follow this link to view upcoming meeting times and locations. No registration is required, just show up!

https://namiswoh.org/support-and-education/support-groups/nami-family-support-group/