

United Self-Help Support Groups

Group	Day/Time	Location	Contact
Self-Esteem Class	1st/3rd Mon 3:30 5:00 PM	Hi Self Storage 2909 Waialae Ave	Jackie 763-0981
Book Club	2nd/4th Mon 3:30 - 5:00 PM	Hi Self Storage 2909 Waialae Ave	Ron 398-1794
DBSA Depression/ Bipolar Group Moiliili	1st/3rd Mon 6:00 - 7:30 PM	Moiliili Community Ctr, 2535 South King St Rm 104	Bud 947-5558
BRIDGES Education and Mental Health Classes	Tue 3:00 – 4:45PM	Mental Health Kokua, 1221 Kapiolani Blvd, Rm 345	Bud 947-5558
Golf Game - Fee \$15.00	Tue 1:00PM	Ft Shafter Nagorsky Course 711 Morton Dr	Kimo 738-8825
Writers in Recovery	1st/3rd Wed 3:30-5:00 PM	Hi Self Storage 2909 Waialae Ave	Bud 947-5558
Kailua Depression/ Bipolar Group	Call for time & location	Call for time & location	Bud 947-5558
Men's Support Group	Call for time & location	Call for time & location	Bud 947-5558
Keeping The Peace Kalaeloa (Barbers Point)	2nd/4th Wed 5:30 – 7:00PM	91-1078 Yorktown St Kapolei	Tynette 597-7505
Computer Classes	Thu 10:30 AM -12:00 PM	Waikiki Health Ctr 277 Ohua Ave Rm 204h	David 779-0584
Tennis Lessons	Thu 10:00 AM- 11:30 AM	Call 1st for reservations	Bud 947-5558
Schizophrenia/ Schizoffective Grp	1st/3rd Thu 3:00-4:30PM	Hi Self Storage 2909 Waialae Ave	Bud 947-5558
Anxiety & Depression	2nd/4thThu 3:00 - 4:30 PM	Waikiki Health Ctr 277 Ohua Ave Rm 205h	Bud 947-5558
Central Leeward	1st/3rd Fri 9:30 - 11 AM	Central Leeward Mental Health Ctr 860 4th St, Pearl City	Laurette 456-9579 Phil 620-1336
Women's Support Group	1st/3rd Fri 4:30-6pm	2909 waialae ave hawaii self storage conference rm.	Bud 947-5558
Hawaii Certified Peer Specialist Group	Call for time & day	Call for time & location	Bud 947-5558
4th Friday Food, Bingo, Guest speakers	4th Fri 7:00 – 9:00 PM	Waikiki Community Center Auditorium, 310 Paoakalani St	Bud 947-5558
OCD Group	2 nd Saturday 11:00AM – 1:00PM	Star of the Sea School	Ginny 261-6987 Gordon 228-7746
Kihei Group	Sat 10:00 AM -11:30 AM	Call for location	Susan 276-7523
Wailuku Group	Call for time & day	Call for time & location	Susan 276-7523
Hilo Group	Call for time & day	Call for time & location	Bud 947-5558
Kona Group	Call for time & day	Call for time & location	Bud 947-5558