



New Hope Support Groups

SUPPORT GROUPS THAT PROVIDE HOPE FOR LIFE'S TRIALS, TRAUMAS AND TRAGEDIES

Active Duty Families

Frequency: 2nd Wednesday of the month
Time: 6:30 – 9:00 PM **Location:** P102
Designed for active duty military families
Contact: Ann Svensson **Telephone:** 949-589-1457

ADD Adults, Parent and Families

Frequency: Meets monthly on Thursday from Sept. to May
Time: 7:00 – 9:00 PM **Location:** CMC 201
Designed for adults with ADD, parents of children with ADD, and their family members.
Contact: Dr. Linden **Telephone:** 949-489-3233

Alzheimer's Support Group

Frequency: 1st Monday of each month
Time: 7:00 – 8:30 PM **Location:** CMC 206
Designed for those who are caring for a parent or spouse with Alzheimer's.
Contact: Vic **Telephone:** 949-310-6682

Anchored Students Support Group – Girls

Frequency: 12 consecutive weeks on Thursday's
Start Date: TBN
Designed for junior high and high school students who have experienced anxiety and/or depression.
Contact: Pastoral Care **Telephone:** 949-609-8392

Anchored Students Support Group – Boys

Frequency: 12 consecutive weeks on Thursday's
Start Date: TBN
Designed for junior high and high school students who have experienced anxiety and/or depression.
Contact: Pastoral Care **Telephone:** 949-609-8392

Autism Support Group

Frequency: 3rd Thursday of the month
Time: 6:30 – 8:30PM **Location:** CMC 210
Designed for the parents of children with Autism. Led by a parent of a child with Autism.
Contact: Pastoral Care **Telephone:** 949-609-8392

Bipolar Workshop

Frequency: Saturdays (Jan. 2019)
Time: 9:30 AM – 12:00 PM **Location:** MO1
Designed for those with Bipolar disorder and their family members are welcomed to join them.
Contact: Pastoral Care **Telephone:** 949-609-8392

Brain Injury Support Group

Frequency: 1st Saturday of the month
Time: 10:00 AM – 12:00 PM **Location:** MO2
Designed for those with brain injuries and those who love and/or support them
Contact: Tom **Telephone:** 310-617-3661

Breast Cancer Support Group

Frequency: 3rd Tuesday of the month
Time: 7:00 – 9:00 PM **Location:** P102
Designed for women living with breast Cancer.
Contact: Pastoral Care **Telephone:** 949-609-8392

Cancer Support Group

Frequency: 4th Wednesday of the month
Time: 7:00 – 9:00PM **Location:** P102
Designed for individuals, their families, and their friends who are confronted with cancer.
Contact: Randy **Telephone:** 949-939-3075

Cardiac Support & Risk Reduction Support Group

Frequency: 2nd Wednesday of the month
Time: 7:00 – 9:00PM **Location:** MO2
Designed for those dealing with life changes after being diagnosed with heart disease.
Contact: Pastoral Care **Telephone:** 949-609-8392

Chronic Pain/Illness

Frequency: Fridays
Time: 11:00 – 1:00 **Location:** Artist Green Room
Designed for those who struggle with chronic illnesses and chronic pain.
Contacts: Susan **Telephone:** 949-830-3262

Depression and Anxiety

Frequency: Alternating Tuesday evenings
Time: 7:30 – 9:00 PM **Location:** Artist Green Room
Designed for those who have experienced anxiety and/or depression, are in counseling (or have received counseling) and need the additional support of others. For the Family members it is designed to encourage, inform and Support the individuals living with Depression.
Contact: Pastoral Care **Telephone:** 949-609-8392

Divorce Care

Frequency: Fridays
Time: 7:00 – 9:00 **Location:** Artist Green Room
A 13-week support group designed to help continue the healing process after divorce.
Contact: Tom **Telephone:** 949-770-7972

Empty Arms

Frequency: Meets for 8 consecutive Sundays
Time: 6:00 – 8:00 PM **Location:** MO1
Designed for those who have experienced the loss of a child through miscarriage, stillbirth, or infant death.
Contact: Karen **Telephone:** 949-609-8370

Families & Friends of those with Mental Illness

Frequency: Alternating Mondays
Time: 7:00 – 8:30 PM **Location:** CMC 216
Designed for the families & friends who suffer with severe and chronic mental illness.
Contact: Pastoral Care **Telephone:** 949-609-8392

Families with Incarcerated Loved Ones

Frequency: 3rd Sat. of the month
Time: 7:00 – 9:00 PM **Location:** MO2
Designed for the families of those in prison, juvenile hall, jail, etc.
Contact: Melody **Telephone:** 949-583-9545

Forgiven & Set Free – Post Abortion Support Group

Frequency: TBD
Time: TBD **Location:** TBD
Provide hope and healing for women dealing with post-abortion effects.
Contact: Elaine **Telephone:** 949-609-8392

Grief Support Group

Frequency: Mondays
Time: 7:00 – 9:00 PM **Location:** Plaza Rm.
A 13-week workshop that includes a time of open sharing and prayer with weekly assignments while going through the emotional trauma that follows the death of a loved one.
Contact: Kathy **Telephone:** 951-204-8366

Grief Support Group – Laguna Woods

Frequency: Tuesday **Location:** Laguna Woods
Time: 1:00 – 3:00 **Clubhouse 6**
A 13-week workshop that includes a time of open sharing and prayer with weekly assignments while going through the emotional trauma that follows the death of a loved one.
Contact: Vicki **Telephone:** 949-609-8547

Grieving Moms – Finding Hope

Frequency: Thursdays
Time: 6:30 – 8:30 PM **Location:** Prayer Room
A safe place to share with other Grieving Moms.
Contact: Elaine **Telephone:** 949-609-8392

Hope for the Separated Wives

Frequency: Thursdays
Time: 7:00 – 9:00 PM **Location:** CMC 216
Designed for women who are separated but not yet divorced.
Contact: Pastoral Care **Telephone:** 949-609-8392

Hope for the Separated Man ---- (SMG)

Frequency: Tuesdays
Time: 7:00 – 9:00 PM **Location:** MO1
Designed for men who are separated but not yet divorced.
Contact: Clyde **Telephone:** 949-716-9484

Infertility Support Group

Frequency: 3rd Thursday of the month
Time: 7:00 – 9:00 PM **Location:** Rancho Edu. Rm. 3
Designed for women struggling with infertility to offer encouragement and hope.
Contact: Anna **Telephone:** 949-257-2369

Kidney Disease Support Group

Frequency: 2nd Sat. 1:00 – 2:00 **Location:** PEACE Center
4th Monday 11:00 – 12:30
If you, a friend or family member have chronic kidney disease, we would love for you to join us. We share knowledge about our disease, treatment options, and how we can make the best of our situation by making good choices. Best of all, we share friendship and hope!
Contact: Helen and Bill **Telephone:** 949-412-3210

Living with HIV/AIDS, infected and affected

Frequency: 2nd and 4th Monday of the month
Time: 6:30 – 8:30 PM **Location:** Area Home
Designed for those infected and affected by HIV/AIDS.
Contact: Signature Ministries **Telephone:** 949-609-8395

Marriage Support Group for Wives

Frequency: Thursdays
Time: 7:00 – 9:00 P.M. **Location:** CMC 213
Designed to renew hope for your marriage. Help for real issues marriages face.
Contact: Pastoral Care **Telephone:** 949-609-8392

Mending the Soul – Abuse Support Group

Frequency: Thurs. for 11 consecutive weeks starting 9/13/18
Time: 7:00 – 9:00 P.M. **Location:** MO1
Designed to provide a safe place where those who have experienced all types of abuse can receive healing, have wholeness restored, and move forward to rebuild their community.
Contact: Pastoral Care **Telephone:** 949-609-8392

Men on the Edge ---- (MOTE)

Frequency: Wednesdays
Time: 7:00 – 9:00 PM **Location:** MO1
Secrets to Facing your Marital Challenges.
Designed for Men who are in a marriage but struggling in the relationship.
Contact: Gary **Telephone:** 949-709-7401

MS With Christ

Frequency: 3rd Monday of the month
Time: 6:30 PM - 8:30 PM **Location:** On Campus
Christ centered group helping with the daily challenges with MS.
Contact: David or Cathy **Telephone:** 949-470-9020
Telephone: 949-842-2296

NAMI Family to Family Workshop

Frequency: 12 consecutive weeks
Time: TBD **Location:** On Campus
A 12-week workshop that educate families and other who are affected by serious mental illness. You need to contact NAMI to register for the workshop at 714-544-8488
Contact: Pastoral Care **Telephone:** 949-609-8392

Parents of Children with Food Allergies

Frequency: 3rd Tuesday every other month
Time: 6:30 – 8:30 PM **Location:** MO2
Designed to support parents of Children with food allergies.
Contact: Pastoral Care **Telephone:** 949-609-8392

Parkinson's Support Group

Frequency: 2nd Wednesday
Time: 2:00 – 4:00 PM **Location:** P102
Designed for those with Parkinson's their caregivers, and family members.
Contact: Pastoral Care **Telephone:** 949-609-8392

Post-Partum Depression Support Group

Frequency: 6 weeks Saturdays starting Oct. 6th
Time: 9:00 – 11:00 AM **Location:** MO1
Designed for those suffering from depression that occurs after childbirth.
Contact: Pastoral Care **Telephone:** 949-609-8392

Pregnancy After Loss (PAL)

Frequency: 3rd Sunday each month starting July 15th
Time: 6:00 – 7:30 PM **Location:** MO1
Designed to support parents who are expecting a baby after experiencing a loss through miscarriage, stillbirth, or infant death. A drop-in support group.
Contact: Pastoral Care **Telephone:** 949-609-8392

Prostate Cancer Support Group

Frequency: 2nd Tues. of the month
Time: 7:00 – 9:00 P.M. **Location:** P102
Designed for men living with Prostate Cancer.
Contact: Pastoral Care **Telephone:** 949-609-8392

Saddleback Special Parents.

Frequency: Meeting the 2nd Thurs. of the month

Time: 6:30 – 8:00 PM **Location:** CMC 212

Designed to supporting those parents and grandparents that are raising children and adults with special needs.

Contact: Pastoral Care **Telephone:** 949-609-8392

Suicide Loss Grief Support Group

Frequency: 1st and 3rd Tuesday of the month

Time: 6:30 – 8:30 PM **Location:** Guest Green Room

Designed for those who have lost someone to suicide.

Contact: Rugena **Telephone:** 949-609-8232

Veterans of Armed Forces Support Group

Frequency: Wednesdays

Time: 7:00 – 9:00 PM **Location:** Artist Green Room

Designed for support of men and women of any of our armed forces.

Contact: Raymond **Telephone:** 714-932-5750

Widows Supporting Widows

Frequency: 1st Saturday of the month

Time: 9:30 – 11:30 a.m. **Location:** P102

Designed to help us grow socially by meeting

Other widows and focus on God's plan for our lives

Contact: Pastoral Care **Telephone:** 949-609-8392