



2022 Support Groups

Please check our website for most current information: myconnectability.org

Groups that meet virtually on Zoom		
Bridging the Gap - Virtual Social Group	Every Monday	1:00 PM – 1:30 PM
Virtual Hatha Yoga	Every Wednesday (except 3rd)	11:45 AM – 12:45 PM
Annie Munoz Virtual Exercise Group	Every Monday Wednesday Friday	4:30 PM – 5:00 PM
Virtual Chair Yoga	Every Thursday (except 3rd)	3:00 PM – 4:00 PM
Keep Abreast (Breast cancer survivor)	1st Monday	7:00 PM – 8:15 PM
Club Connect - Virtual Social Group	2 nd Wednesday	1:00 PM – 3:00 PM
Low Vision Virtual Support Group	3 rd Saturday (except Dec)	10:00 AM – 12:00 PM
Groups that meet in person at ConnectAbility, or other location noted*		
Living with Multiple Sclerosis	1 st Wednesday	6:00 PM – 7:30 PM
W.A.I.T.T. Brain Tumor Support Group	2 nd Tuesday	7:00 PM – 8:30 PM
SA Amputee (*at Morgan's Wonderland)	2 nd Saturday	10:00 AM – 12:00 PM
Club Connect - In Person Social Group	4th Wednesday	1:00 PM – 3:00 PM
Rolling Inspiration SCI Support Group	Last Saturday (except Nov and Dec)	12:30 PM – 2:30 PM
Groups that meet virtually on Zoom and in person at ConnectAbility, or other location noted*		
Boerne Neuro Support Group (*Boerne)	2 nd Thursday	1:00 PM – 2:30 PM
Spinal Cord Injury Peer Group (*Austin)	2 nd Thursday	6:00 PM – 7:00 PM
Rockin' CP - Cerebral Palsy	2 nd Saturday	12:30 PM – 2:30 PM
Neuro Support Group	3 rd Wednesday	11:30 AM – 12:30 PM
Alamo Head Injury Association	4 th Wednesday	6:30 PM – 8:00 PM
Ostomy Association of South Texas	Last Monday (except Dec)	7:00 PM – 8:30 PM
TAG – The Adult Group for Spina Bifida	Last Saturday in Aug, Sept, Oct	11:00 AM – 12:00 PM

Questions? Please call/text Shelia Brown at 210-672-4097 or email sbrown@myconnectability.org