



2023 Support Groups

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

If support group meeting falls on a holiday, it may be rescheduled

Groups that meet Virtually on Zoom

Virtual Hatha Yoga (through March)	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 (through March)	Every Thursday (except 3rd)	3:00 PM – 4:00 PM
Keep Abreast (Breast cancer survivor)	1st Monday (Sept. only: 2 nd Monday)	7:00 PM – 8:15 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	2 nd Tuesday (Feb. only: 1st Tuesday)	7:00 PM – 8:30 PM
SA Amputee (*Morgan's Wonderland)	2 nd Saturday	10:00 AM – 12:00 PM
Alamo Head Injury for those with TBI	4 th Wednesday (through November)	6:30 PM – 8:00 PM
Alamo Head Injury for Caregivers	4 th Wednesday (through November)	6:30 PM – 8:00 PM
Rolling Inspiration Spinal Cord Injury	Last Saturday (through October)	12:30 PM – 2:30 PM

Groups that meet Virtually on Zoom and In Person at ConnectAbility, or other location noted*

*Boerne Neuro Stroke and Parkinson's	2 nd Thursday	1:00 PM – 2:30 PM
*Austin Spinal Cord Injury Peer Group	2 nd Thursday	6:00 PM – 7:00 PM
Rockin' CP - Cerebral Palsy	2 nd Saturday	12:30 PM – 2:30 PM
Neuro Stroke and Parkinson's	3 rd Wednesday	11:30 AM – 1:00 PM
Low Vision Club	3 rd Saturday (through November)	10:00 AM – 12:00 PM
Ostomy Association of South Texas	Last Monday (through November)	7:00 PM – 8:30 PM

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