



2024 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 (or Microsoft Teams):		
Annie Munoz Virtual Exercise Group	Every Monday, Wednesday, Friday	3:00 PM – 3:30 PM
Chair Zumba Exercise Group	Every Thursday	3:00 PM – 3:30 PM
Alamo Head Injury for acquired Brain Injury Caregivers	3rd Tuesday (except November)	6:30 PM – 8:00 PM
Keep Abreast (Breast cancer survivors)	1st Monday (<u>Sept. only</u> : 2nd Monday)	7:00 PM – 8:15 PM

Groups that meet In Person at one of the ConnectAbility Locations (or other location noted with *)		
Living with Multiple Sclerosis (In-Person ONLY - Med Center)	3rd Saturday	1:00 PM – 2:30 PM
W.A.I.T.T. Brain Tumor (Med Center)	2nd Tuesday	7:00 PM – 8:30 PM
SA Amputee (*Morgan's Wonderland)	2nd Saturday	10:00 AM – 12:00PM
Alamo Head Injury for acquired Brain Injury survivors (Med Center)	4th Wednesday	6:30 PM – 8:00 PM
Alamo Head Injury support group for Caregivers (Med Center)	4th Wednesday	6:30 PM – 8:00 PM
Rolling Inspiration Spinal Cord Injury (Med Center)	Last Saturday (through October)	12:30 PM – 2:30 PM
*Boerne Neuro Stroke & Parkinson's	2nd Thursday	1:00 PM – 2:30 PM
Club CONNECT - Social Activities Group (Med Center)	2nd Saturday	2:30 PM – 4:30 PM
Low Vision Club (Med Center)	3rd Saturday (through November)	9:00 AM – 11:30 AM

Groups that meet BOTH Virtually & In Person at ConnectAbility (or other location noted with *)		
Neuro Stroke & Parkinson's (Woodlawn)	3rd Wednesday	11:30 AM – 1:00 PM
Ostomy Association of South Texas (Med Center)	3rd Saturday	4:00 PM - 6:00 PM

 = ConnectAbility @ Woodlawn -- 2939 W Woodlawn Ave, San Antonio, TX 78228

 = ConnectAbility @ Med Center -- 5101 Medical Drive, San Antonio, TX 78229

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



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