



2026 Support Groups & Education Classes

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

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

Groups that meet **Virtually on Zoom (or Microsoft Teams):**

Low Impact Virtual Exercise Group (L.I.V.E.)	Every Monday, Wednesday, Friday	3:00 PM – 3:30 PM
Chair Zumba Exercise Group	Every Thursday	4:30 PM – 5:00 PM
Alamo Head Injury for acquired Brain Injury Caregivers	3rd Tuesday (except November)	6:30 PM – 8:00 PM
Keep Abreast (Breast cancer survivors)	1 st Monday (<u>holiday weeks</u> : 2 nd Monday)	7:00 PM – 8:15 PM
Virtual Book Club (Call to inquire about schedule changes)	Every Thursday	6:00 PM - 7:00 PM

Groups that meet **In Person** at one of the **ConnectAbility Locations (or other location noted with *)**

San Antonio CP Support Group (Med Center)	3rd Saturday	2:00 PM – 3:30 PM
W.A.I.T.T. Brain Tumor (Med Center)	2nd Tuesday	7:00 PM – 8:30 PM
SA Amputee (*Morgan's MAC - Multi-Assistance Center)	2nd Saturday	10:00 AM – 12:00 PM
Alamo Head Injury for acquired Brain Injuries (Med Center)	4th Wednesday (except Nov & Dec)	6:00 PM – 8:00 PM
Rolling Inspiration Spinal Cord Injury (Med Center)	Last Saturday (through October)	12:30 PM – 2:30 PM
*Boerne Neuro Parkinson's Support Group (call for location)	2nd Thursday	1:00 PM – 2:30 PM
San Antonio Neuro Parkinson's Support Group (Med Center)	3rd Wednesday	1:00 PM - 2:30 PM
*Cibolo Neuro Parkinson's Support Group (call for location)	Last Tuesday of each month	1:00 PM - 2:30 PM
ClubCONNECT - Social Activities Group (Med Center)	2nd Saturday	1:00 PM – 3:00 PM
Low Vision Club (Med Center)	3rd Saturday (through October)	9:30 AM – 11:30 AM
Stroke Survivors and Families Support Group (Med Center)	3rd Saturday	12:30 PM - 1:30 PM
STOMA - Ostomy Association of South Texas (Med Center)	1st Saturday AND 2nd Monday	3:00 PM - 4:30 PM 6:00 PM - 7:30 PM

 = ConnectAbility @ **Woodlawn** -- 2939 W Woodlawn Ave, San Antonio, TX 78228
REAR Entrance (St Cloud/Huisache Rd)

 = ConnectAbility @ **Med Center** -- 5101 Medical Drive, 1st Floor Room 132

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



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