



# 2026 Support Groups & Education Classes

Please check our website for the most current information: [myconnectability.org](http://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 <b>Virtual Exercise Group</b> (L.I.V.E.)	Every Monday, Wednesday, Friday	3:00 PM – 3:30 PM
Chair Zumba <b>Exercise Group</b>	Every Thursday	4:30 PM – 5:00 PM
Alamo <b>Head Injury</b> for acquired Brain Injury <b>Caregivers</b>	3rd Tuesday (except November)	6:30 PM – 8:00 PM
Keep Abreast ( <b>Breast cancer</b> survivors)	1 <sup>st</sup> Monday (holiday weeks: 2 <sup>nd</sup> Monday)	7:00 PM – 8:15 PM
<b>Virtual Book Club</b> (Call to inquire about schedule changes)	Changes Often. Call for current info	210.672.4097

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

San Antonio <b>CP Support Group (Med Center)</b>	3rd Saturday	1:30 PM – 3:00 PM
W.A.I.T.T. <b>Brain Tumor (Med Center)</b>	2nd Tuesday	7:00 PM – 8:30 PM
SA <b>Amputee</b> (*Morgan's MAC - Multi-Assistance Center)	2nd Saturday	10:00 AM – 12:00 PM
Alamo <b>Head Injury</b> for acquired Brain Injuries ( <b>Med Center</b> )	4th Wednesday (except Nov & Dec)	6:00 PM – 8:00 PM
Rolling Inspiration <b>Spinal Cord Injury (Med Center)</b>	Last Saturday (through October)	12:30 PM – 2:30 PM
*Boerne Neuro <b>Parkinson's</b> Support Group (call for location)	2nd Thursday	1:00 PM – 2:30 PM
San Antonio Neuro <b>Parkinson's</b> Support Group ( <b>Med Center</b> )	3rd Wednesday	1:00 PM - 2:30 PM
*Cibolo Neuro <b>Parkinson's</b> Support Group (call for location)	Last Tuesday of each month	1:00 PM - 2:30 PM
ClubCONNECT - <b>Social Activities Group (Med Center)</b>	Monthly. Call for activity/date/time	210.672.4097
<b>Low Vision</b> Club ( <b>Med Center</b> )	3rd Saturday (through October)	9:30 AM – 11:30 AM
<b>Stroke Survivors</b> and Families Support Group ( <b>Med Center</b> )	3rd Saturday	12:00 PM - 1:00 PM
<b>STOMA - Ostomy</b> Association of South Texas ( <b>Med Center</b> )	1st Saturday (*except April, July, & Sept) (Meets 2nd Sat those months)	3:00 PM - 4:30 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](mailto:contact@myconnectability.org)



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