

United Self Help Support Groups

www.unitedselfhelp.org

Tel: 808-947-5558

Oahu

Self-Esteem Group

1st and 3rd Monday of the month, 3:45 PM to 5:15 PM
Hawaii Self-Storage Conference Room, 2909 Waialae Ave.
Call (808) 947-5558

Depression and Bipolar Support Alliance (DBSA) Support Group 1

1st and 3rd Monday of each month, 6:00 PM to 7:30 PM
Mo'ili'i Community Center, 2535 S. King St. Room 104,
behind Down to Earth
Call Macey (808) 383-2644 or Mike (808) 779-7358

Compassionate Communication Class

2nd and 4th Monday of the month, 3:45 PM to 5:15 PM
Hawaii Self-Storage Conference Room, 2909 Waialae Ave.,
Honolulu
Call (808) 947-5558

Depression and Bipolar Support Alliance Support Group 2

2nd and 4th Wednesday of each month, 3:00 PM to 4:30 PM
Hawaii Self-Storage Conference Room, 2909 Waialae Ave.,
Honolulu
Call Bill (808) 343-9200

Central Leeward Support Group

1st and 3rd Wednesdays of the month 9:30 AM to 11:00 AM
Central Leeward Community Mental Health Center, 860 4th
Street, Pearl City (across District Court)
Call Laurette (808) 456-9579 or Phil (808) 620-1336

Kailua, Windward Oahu Support Group

1st and 3rd Wednesday of the month, 5:30 PM – 7:00 PM
Kailua Recreation Center, 21 S Kainalu Dr., Kailua
Call Wally (808) 364-2004 or Bud (808) 947-5558

Keeping the Peace, Kalaeloa (Barbers Point) Support Group

2nd and 4th Wednesday of the month, 5:30 PM – 7:00 PM
91-1078 Yorktown St, Kapolei Vets Housing
Call Tynette (808) 688-8801

Schizophrenia and Schizoaffective Disorder Group

1st and 3rd Thursday of each month, 3:00 PM to 4:30 PM
Hawaii Self-Storage Conference Room, 2909 Waialae Ave.
Call (808) 947-5558

Anxiety and Depression Class

2nd and 4th Thursday of the month, 3:00 PM to 4:30 PM
Waikiki Health Center, 277 Ohua Ave. Honolulu, Room 205H
Call (808) 947-5558

OCD Support Group

2nd Saturday of the month, 11:00 AM – 1:00 PM
Star of the Sea School
Call Ginny (808) 261-6987 or Gordon (808) 228-7746

Maui

Wailuku Support Group

2nd and 4th Saturdays of the month 10:30 AM to 12 Noon
Wailuku Banyan Tree Park, corner of Market and Vineyard
Street
Call Susan (808) 276-7523

Kihei Support Group

1st and 3rd Saturday of the month, 10:00 AM to 11:30 AM
Call for information
Call Debi (808) 276-7523 or Susan (808) 276-7523

Big Island

Hilo Support Group

Call for information
Call Lynn (808) 640-2519

