

**SUPPORT GROUPS RUN by IPH**

Sr. No	Name	For	Venue	Day/Time	Contact
1	TRIDAL	Schizophrenia Rehabilitation for low functioning Shubharthis	Saptasopan	Mon - Fri. (2 - 5 p.m.)	Asmita Uttara Kalpana Ashwini
2	CAREGIVERS	Family members of Shubharthis (Schizophrenia)	Saptasopan	1st Saturday (4.30 p.m. - 6.30 p.m.)	Asmita Savita Uttara, Kalpana
3	TRENDSETTERS	High Functioning Shubharthis (Managing Mental health problems)	Saptasopan	2nd Saturday (6 - 8 p.m.)	Dr. Thatte Asmita Uttara, Kalpana
4	LOC	Parents of Persons with extreme behaviour problems (Antisocial & Borderline personality disorder)	IPH	1st Sunday (3 - 5 p.m.)	Sulabha Dr. Kamaljit
5	Ankur	Developmental group for Children of Recovering Addicts	Saptasopan	2nd Sunday 10.00am	Mrunmayee
6	PERFECT	Patients suffering with OCD & their relatives	Saptasopan	2nd Saturday (5-7 p.m.)	Kavitagauri Dr. Wilona Preeti G.
7	SAMAYOG	Parents of children with Autism	Saptasopan	1st Sunday (5.30 to 7.30)	Sonali Medhekar
8	SAAHAS (Sexuality Acceptance Awareness Health And Support	Therapy group for members of the LGBTQIA+ community.	Saptasopan	3rd Sunday (11.00 to 1.00)	Jagruti Adwaita
<b>Support groups at IPH but not monitored by IPH</b>					
9	UTTEJAN	Persons with Epilepsy	IPH	4th Sunday (3.30 p.m.)	Dr. Mrinalini 9820894177
10	MUKTANGAN MITRA & SAHACHARI	Alcohol Fighters & Caregivers (Spouse) of alcoholics	Saptasopan	2nd Sunday (10.30 a.m.)	Managed by Muktangan Madhav Kolhatkar 9371420751
11	CHAITANYA GAM-ANON	For the Family Members of Gambler	IPH	2nd Sunday (1.00 p.m. )	Prajakti Shama