

June 2026 Support Groups

Hello Everyone,

Welcome to another installment of support group programming for June 2026!

Thank you for your patience and understanding.

Our peer support services are available for all California residents and are no-cost for participants. Folks who live in San Francisco are eligible for 1:1 peer counseling. We are no longer providing 1:1 peer counseling for hoarding behavior. Please fill out the intake form https://mentalhealthsf.formstack.com/forms/peer_connections_intake and contact mary@mentalhealthsf.org after completion.

Because our services are no-cost for participants, we rely on gathering demographic information which is shared anonymously with our funders.

ALL participants must fill out a Participant Information Form before attending.

Please click the link below:

https://mentalhealthsf.formstack.com/forms/participant_information_form

MHASF Zoom Programming June 2026

Included below are all the Zoom links, Meeting IDs, and Passwords you will need for each recurring group. Group information will remain the same month-to-month unless specified.

How to Access Our Remote Groups:

You can either call in on a land line/flip phone or download the Zoom application to a smartphone, laptop, or desktop for video/audio conferencing. If you have the Zoom application, you can enter the Meeting ID and Password (see below for all group IDs and passwords). Or simply click on the provided Zoom link for access via your Internet browser. If you are calling in, please use this number: 1-833-548-0282 US Toll-Free and enter the Meeting ID and Password using your phone keypad – while in group, press *6 to mute and un-mute yourself.

**** MAJOR UPDATES ****

NEW GROUP: The Wellness Center is now offering an in-person Adults on the Autism Spectrum Support Group every second Friday from 1:00 – 2:30pm.

One-time schedule change: In-person Paperwork Sorting, Discarding & Organizing will be on the 2nd and 3rd Monday of this month and In-Person Drop-in Hoarding Support Group will be the 1st and 4th Monday this month.

All groups on Friday June 19th, 2026 are cancelled in observance of Juneteenth National Independence Day.

Hoarding Behavior Support Groups

Remote: Drop-in Support Group for Hoarding Behavior

First four Thursdays of the month

(Thursday, June 4 @ 5:30 – 7:00pm) (Optional action party 7:00 – 8:00pm)

(Thursday, June 11 @ 3:00 – 4:30pm) (Optional action party 4:30 – 5:30pm)

(Thursday, June 18 @ 5:30 – 7:00pm) (Optional action party 7:00 – 8:00pm)

(Thursday, June 25 @ 3:00 – 4:30pm) (Optional action party 4:30 – 5:30pm)

A weekly, peer-led support group for those dealing with their own hoarding behaviors and challenges. A non-judgmental environment for individuals to share and get support from peers in an informal setting.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/84742797363?pwd=KzhTMHhiSmV0elc vWTVDNFFbjNKZz09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 847 4279 7363

Password: 460373

IN-PERSON: Drop-in Support Group for Hoarding Behavior

Second & Fourth Mondays of the month @ 3:00 – 4:30 pm

(Monday, June 1 @ 3:00 – 4:30pm) *one-time schedule change

(Monday, June 22 @ 3:00 – 4:30pm)

Location: Flood Building – 870 Market Street, Room 658, San Francisco, CA 94102

A weekly, peer-led support group for those dealing with their own hoarding behaviors and challenges. A non-judgmental environment for individuals to

share and get support from peers in an informal setting. *Face masks encouraged.*

IN-PERSON: Paperwork Sorting, Discarding & Organizing

First & Third Mondays @ 3:00 – 4:30 PM

(Monday, June 8 @ 3:00 – 4:30 pm) *one time schedule change

(Monday, June 15 @ 3:00 – 4:30 pm)

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

Participants will be encouraged to bring in a bag of paperwork from home. They will be given support while they sort the paperwork into the categories of trash, recycle, shred, file, action, and undecided. A shredder, trash can, and recycling bin will be provided. A list stating how long to hang onto certain kinds of paperwork will be distributed.

Remote: Men with Hoarding Behavior Support Group

Every 1st and 3rd Monday of the month @ 6:00 – 7:30pm

(Monday, June 1 @ 6:00 – 7:30 pm)

(Monday, June 15 @ 6:00 – 7:30 pm)

Hoarding disorder affects men and women equally, yet men are underrepresented in hoarding recovery groups and events. In this group, share with other men about the ways that this complex issue vexes our lives, and learn techniques and tools for recovery from hoarding. Peer-led group focusing on issues that may pertain uniquely to men.

Zoom link: <https://mentalhealthsf-org.zoom.us/j/81040443236>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 810 4044 3236

No Password

Remote: Family & Friends Support Group for Hoarding Behavior

Every 1st Tuesday of the month @ 6:00 – 7:30pm

(Tuesday, June 2 @ 6:00 – 7:30 pm)

This therapist-led support group is for spouses, siblings, parents, family and friends of those with hoarding behavior. This group combines education and support to help better understand and cope with how hoarding behavior in others impacts our lives.

Access information for this group will be provided on an individual basis to those who are eligible and have filled out the following form:

(https://mentalhealthsf.formstack.com/forms/participant_information_form)

Email peersupportservices@mentalhealthsf.org if you have not received a response yet.

Remote: Adult Children of Parents with Hoarding Behavior Support Group

Every 3rd Tuesday of the month @ 6:00 – 7:30 pm

(Tuesday, June 16 @ 6:00 – 7:30 pm)

This therapist-led support group is for the adult children of parents with hoarding disorder. This group combines education, support and community building for those who have a parent figure with hoarding behavior.

Access information for this group will be provided on an individual basis to those who are eligible and have filled out the following form:

(https://mentalhealthsf.formstack.com/forms/participant_information_form)

Email peersupportservices@mentalhealthsf.org if you have not received a response yet.

Remote: Advanced Drop-in Support Group for Hoarding

Behavior

Every 2nd and 4th Tuesday of the month @ 5:30 - 7:00 pm

(Tuesday, June 9 @ 5:30 – 7:00 pm) (Optional action party 7:00 – 8:00 pm)

(Tuesday, June 23 @ 5:30 – 7:00 pm) (Optional action party 7:00 – 8:00 pm)

A twice-monthly group for folks who have completed an intensive treatment course, such as Buried in Treasures (BIT) or similar class. Intended for people who are dealing with hoarding behavior to review BIT skills and get support from peers in an informal setting.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/82299872401?pwd=TW42ZUE0R0wzYkdKMDBDNEw3S2RCZz09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 822 9987 2401

Password: 741372

In-Person Support Groups

Wellness Center Programming

@ Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org

IN-PERSON: Drop-in Support Group for Hoarding Behavior

Second & Fourth Mondays of the month @ 3:00 - 4:30 pm

(Monday, June 1 @ 3:00 - 4:30pm) *one-time schedule change

(Monday, June 22 @ 3:00 - 4:30pm)

Location: Flood Building - 870 Market Street, Room 658, San Francisco, CA 94102

A weekly, peer-led support group for those dealing with their own hoarding behaviors and challenges. A non-judgmental environment for individuals to share and get support from peers in an informal setting. *Face masks encouraged.*

IN-PERSON: Paperwork Sorting, Discarding & Organizing

First & Third Mondays @ 3:00 - 4:30 PM

(Monday, June 8 @ 3:00 - 4:30 pm) *one time schedule change

(Monday, June 15 @ 3:00 - 4:30 pm)

Location: Flood Building - 870 Market Street, Room 628, San Francisco, CA 94102

Participants will be encouraged to bring in a bag of paperwork from home. They will be given support while they sort the paperwork into the categories of trash, recycle, shred, file, action, and undecided. A shredder, trash can, and recycling bin will be provided. A list stating how long to hang onto certain kinds of paperwork will be distributed.

IN-PERSON: Disability Rights in the Workplace Group

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org



The mission of MHAOSF is to cultivate peer leadership, build community, and advance social justice in mental health.

Every 3rd Monday of the month @ 12:00 – 1:30 pm

(Monday, June 15th @ 12:00 – 1:30 pm)

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

Disability Rights in the Workplace Group is a supportive space to learn your rights in the workplace under the Americans with Disabilities Act and in college under Section 504. In this monthly series we discuss what accommodations exist, how to advocate for oneself, and steps to take if things break down.

IN-PERSON: Living with OCD – A Peer-Led Support Group

Tuesdays @ 4:30 – 6:00pm

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

A weekly sanctuary for community members living with OCD to share, reflect, and support one another in their own goals, with an emphasis on recovery, self-compassion & mindfulness.

IN-PERSON: Expressive Arts Group

Wednesdays @ 5:00 – 6:30 pm

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

Join in lightly structured art activities, let go of perfectionism & stress, slow down and access the present moment.

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org



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IN-PERSON: Anxiety Safe Haven

Thursdays @ 4:30 – 6:00 pm

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

A supportive space for peers to share compassionate reflection, empowering affirmation, and personal toolkits for coping with anxiety, navigating challenges, and celebrating wins.

IN-PERSON: Act Now – A Comedic Improv Group for Peers

First Fridays @ 5:30 – 7:00 pm

(Friday, June 5 @ 5:30 – 7:00 PM)

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

A monthly comedic improv group for peers to have fun, connect, and bring humor into recovery.

IN-PERSON: Adults on the Autism Spectrum Support Group

Second Fridays @ 1:00 – 2:30 pm

(Friday, June 12 @ 1:00 – 2:30 PM)

Location: Flood Building – 870 Market Street, Room 628, San Francisco, CA 94102

Peer Support Services Department
Phone: (510) 306-4527
Email: PeerSupportServices@MentalHealthSf.org

A supportive space for Peers who identify as adults on the autism spectrum to share their successes, challenges, and to deepen their understanding of autism.

Off-Site

IN-PERSON: Transcendence

(Tuesdays @ 6:00 – 7:30 pm)

Transcendence is a peer-led support group for transgender, non-binary, intersex, and gender-expansive folx. A space for connection, affirmation, and community care.

Location: Sour Cherry Comics – 3187 16th Street, San Francisco, CA 94103

General Support Groups

Remote: ADHD & Executive Function Support Group

(Mondays @ 1:00 – 3:00 pm)

A supportive space for individuals to embrace their superpower known as ADHD. We'll help each other set and conquer tasks during group, inspire, befriend and empower each other. Join us with or without an official ADHD diagnosis.

Zoom

Link: <https://mentalhealthsf-org.zoom.us/j/83750525412?pwd=dksdqNfOK7PYxIQtU8XW0j0wjtlSt.1>

Call in: [1-833-548-0282](tel:1-833-548-0282) US Toll-Free

Meeting ID: 837 5052 5412

Passcode: 845300



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Remote: BIPOC Peer Support Group

(Mondays @ 4:00 – 5:00 pm)

A healing-centered peer support group uplifting BIPOC voices. Together, we share, listen, and build community through lived experience, cultural connection, and collective care.

Zoom link: <https://mentalhealthsf-org.zoom.us/j/88252441702>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 882 5244 1702 No Password

Remote: Queer Peers

(Mondays @ 4:30 – 5:30 pm)

Queer Peers is a support group created by and for LGBTQIA2S+ community members. Peer-led and rooted in lived experience, it's a space that centers intersectionality, mutual support, and queer connection. At this time, the group is exclusively for LGBTQIA2S+ individuals and not open to allies.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/82645148856?pwd=Zk1palAvcXhSY3VDUxycGUyOFBSQT09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 826 4514 8856

Password: 650817

Remote: Obsessive Compulsive Disorder Support Group

(Mondays @ 6:00 – 7:30 pm)

A weekly, supportive space for community members living with OCD, to share about their experience, and to offer each other affirmation and care, with an emphasis on recovery and mindfulness.

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org



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Zoom <https://mentalhealthsf-org.zoom.us/j/84187668711>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 841 8766 8711 No Password

Remote: Peer to Peer Parenting Group

(Tuesdays @ 11:00 am – 12:00 pm)

A supportive space where peer folx can find community, resources, and shared experiences within all stages of their parenting/guardianship journey.

Zoom link:

<https://mentalhealthsf-org.zoom.us/j/85737758074?pwd=V6QbLp7zy0q7lnW72V6cDnbgM7yYXS.1>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 857 3775 8074

Passcode: 058774

Remote: Managing Anxiety Support Group

(Tuesdays @ 2:30 – 4:00 pm)

A weekly supportive space for Peers to share their personal struggles with anxiety and empower one another in using tools for coping.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/82821000564?pwd=ZUdtMXhqQmlSOGVEQ204OU85SytTUT09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 828 2100 0564

Passcode: 290507

Remote: Transcendence

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org



The mission of MHAOSF is to cultivate peer leadership, build community, and advance social justice in mental health.

(Wednesdays @ 4:30 – 5:30 pm)

Transcendence is a peer-led support group for transgender, non-binary, intersex, and gender-expansive folx. A space for connection, affirmation, and community care.

For information about the in-person version of this group, email peersupportservices@mentalhealthsf.org.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/83611330125?pwd=U09HYUxZZWFnS3ovQGVFQ3ZhWFNmQT09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 836 1133 0125

Password: 469259

Remote: Let's Talk About Stress & Wellness

(Wednesdays @ 5:00 – 6:00 pm)

Feeling stressed out? Please join this group to discuss ways to feel calm and connected. We will talk about strategies and resources!

Zoom link: <https://tndc.zoom.us/j/95835099286>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 958 3509 9286 No Password

Remote: Adults Hearing Voices Group

(Wednesdays @ 6:00 – 8:00 pm)

A support group for adults who hear voices, have visions, & experience unique experiences. This group was created in partnership with The Bay Area Hearing

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org

Voices Network (BAHVN). The BAHVN seeks to expand public awareness, provide community support & refuge for those who hear voices, see visions, & experience other forms of extraordinary perception.

Zoom link:

<https://us02web.zoom.us/j/82596708724?pwd=a1Q5OTR4S3lwU2ZOY0NwejJxMTVUZz09>

Meeting ID: 825 9670 8724

Password: warmline

Remote: Adults on the Autism Spectrum Support Group

(Thursdays @ 5:00 – 6:30 pm)

A supportive space for Peers who identify as adults on the autism spectrum to share their successes, challenges, and to deepen their understanding of autism.

Zoom

link: <https://mentalhealthsf-org.zoom.us/j/83980209250?pwd=ZFBna3FZSk42TTZDZWJpK2xMRlpVdz09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 839 8020 9250

Password: 750605

Remote: Depression Support Group

(Fridays @ 2:00 – 3:30 pm)

Group on Friday June 19th, 2026 is cancelled in observance of Juneteenth National Independence Day.

A weekly support group for those living with depression to connect, share experiences, and learn about coping tools and community-building resources.

Zoom

Peer Support Services Department

Phone: (510) 306-4527

Email: PeerSupportServices@MentalHealthSf.org



The mission of MHAOSF is to cultivate peer leadership, build community, and advance social justice in mental health.

link: <https://mentalhealthsf-org.zoom.us/j/87562794285?pwd=MXIVZUIiWHlqYlQrMlBYdUkvaJhvdz09>

Call in: 1-833-548-0282 US Toll-Free

Meeting ID: 875 6279 4285

Password: 707920

Peer Support Services Department
Phone: (510) 306-4527
Email: PeerSupportServices@MentalHealthSf.org