

Family & Patient Mood Disorders Support Group



Group discussion is an open format; but topics include understanding symptoms & treatments (emphasis on Cognitive Behavioral Therapy), the significance of relationships throughout the course of the illnesses, co-occurring diagnoses, symptom management, identifying triggers of mood episodes, what individuals can do to help themselves, & what families can do to help

Population Served:

- Have a diagnosis of depression, bipolar disorder, or schizoaffective disorder, & anxiety
- Family or friends of someone who is diagnosed with one of the above disorders
 - Group is for adults with mood disorders (18+ years of age)
- In some cases children over 12 years of age are welcome (please call)
- Do *NOT* need to be a patient or family member of a patient at Sharp Mesa Vista Hospital
 - Group is free

Group Time & Location:

- 5:00 PM to 6:15 PM Thursdays
- Group meets in the Sharp Mesa Vista Education Building in the Don Allen Garden

Contact the Cognitive Intensive Outpatient Program
for additional information
Sharp Mesa Vista Hospital
7850 Vista Hill Ave. San Diego, CA 92123
(858) 836-8459