

# **SAN DIEGO PHOBIA FOUNDATION**

*A non-profit organization serving all of San Diego County*

## **About Us**

The San Diego Phobia Foundation is a 501(c)(3) nonprofit mental health organization dedicated to educating the public about and providing support for persons who suffer from anxiety disorders, including panic attacks, phobias, obsessions and compulsions, post traumatic stress, generalized anxiety, social anxiety and depression of all types. We have been in existence in San Diego since 1988.

## **Support Groups**

We believe a meaningful and understanding support system is helpful for recovery, therefore we sponsor four weekly self-help support groups. Meetings are lead by experienced facilitators and occasionally feature a guest speaker. The meetings are friendly, relaxed, and on a first-name-only basis. The meetings are also open to adult family members and significant others. A five dollar donation for each meeting attended is appreciated.

### **EAST COUNTY SUPPORT GROUP**

Sharp Mesa Vista - East County  
1460 E. Main Street Rm. 107  
El Cajon, CA 92021

**Mondays, 6:30 P.M. to 8:00 P.M.**

### **SAN DIEGO CENTRAL SUPPORT GROUP**

Sharp Mesa Vista Hospital  
Day Hospital Lounge  
7850 Vista Hill Avenue  
San Diego, CA 92123

**Tuesdays, 7:00 P.M. to 8:30 P.M.**

### **NORTH COUNTY INLAND SUPPORT GROUP**

Cypress Court – Escondido  
1255 North Broadway  
Escondido, CA 92026  
(760-747-1940)

**Saturdays, 10:00 A.M. to 11:00 A.M.**

### **SOUTHBAY SUPPORT GROUP**

**(Conducted in English & Spanish)**

Sharp Chula Vista Hospital & Medical Center  
751 Medical Center Court  
Medical Staff Library  
Chula Vista, CA 91911

**Saturdays, 9:30 AM to 11:00 AM**

## **Contact Us**

Please leave us a confidential voice message at (760) 944-6334, clearly stating your telephone number, mailing address and email address if you would like further information about these support groups or a referral to a treatment provider specialist.

24 Hr. Voicemail: (760) 944-6334

Mailing Address: P.O. Box 3191, La Mesa, CA 91944-3191