



# Depression and Bipolar Support Alliance Support Groups in San Diego County

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<b>Monday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> VA San Diego Medical Center, Room 2011 3350 La Jolla Village Drive; San Diego, CA 92161 Includes a dedicated “family and friends” group; see <a href="http://www.dbsasandiego.org/resources/family-and-friends.pdf">http://www.dbsasandiego.org/resources/family-and-friends.pdf</a> for details.	For info, call 858.444.6776. Email: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web site: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a>
<b>Tuesday *</b> 2:00pm – 4:00pm * 3 <sup>rd</sup> Tuesday	<b>DBSA Del Mar</b> Pacifica Del Mar (restaurant atop Del Mar Plaza) 1555 Camino Del Mar; Del Mar, CA 92014	For info, call Roger at 858.525.1509 or email him at < <a href="mailto:RogerAlsbrook@yahoo.com">RogerAlsbrook@yahoo.com</a> >. <i>Meetings are held on 3<sup>rd</sup> Tuesday of the month.</i>
<b>Tuesday</b> 6:00pm – 8:00pm	<b>DBSA Rancho Bernardo</b> Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; San Diego, CA 92128	For info, call 858.444.6776. Email: < <a href="mailto:DBSARanchoBernardo@yahoo.com">DBSARanchoBernardo@yahoo.com</a> >
<b>Tuesday</b> 6:30pm – 8:30pm	<b>DBSA Paradise East</b> Foothills Christian Church, Middle School, Room 3 365 West Bradley Avenue; El Cajon, CA 92020	For info, call Kel at 619.828.0083 or email him at < <a href="mailto:Kel.San.Diego@gmail.com">Kel.San.Diego@gmail.com</a> >. <i>It's in Room 3 of the Middle School, behind main building.</i>
<b>Wednesday</b> 2:30pm – 4:00pm	<b>DBSA Vista / North Coastal</b> Tri-City Outpatient Behavioral Health Services 510 West Vista Way; Vista, CA 92083	For info, call Katherine at 760.708.6310, or email < <a href="mailto:dbsavista@gmail.com">dbsavista@gmail.com</a> >.
<b>Wednesday</b> 6:00pm – 8:00pm	<b>DBSA Chula Vista</b> Sharp Chula Vista Medical Center Administrative Conference Room 751 Medical Center Court; Chula Vista, CA 91911	For info, call 858.444.6776, or email < <a href="mailto:DBSA.Chula.Vista@gmail.com">DBSA.Chula.Vista@gmail.com</a> >. Turn left into the first hallway and enter the last door on your right, the Administrative Conference Room.
<b>Wednesday *</b> 7:00pm – 9:00pm * 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday	<b>DBSA San Diego for Family &amp; Friends North County</b> San Rafael Catholic Church Parish Center, Room J 17252 Bernardo Center Drive; San Diego, CA 92128	For info, call 858.518.3176. <i>Not a faith-based group.</i> <i>Meetings are held on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays and are for family and friends of mental health consumers.</i>
<b>Thursday</b> 2:00pm – 4:00pm	<b>DBSA Hillcrest / UCSD</b> UCSD Outpatient Psychiatric Services, Room 215 140 Arbor Drive; San Diego, CA 92103	For info, call Rob at 619.299.5650, or email Dean at < <a href="mailto:rightwright@hotmail.com">rightwright@hotmail.com</a> >. Free parking is available under the building.
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> VA San Diego Medical Center, Rooms 2436 and 2438 3350 La Jolla Village Drive; San Diego, CA 92161	For info, call 858.444.6776. Email: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web site: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a>
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA El Cajon</b> Sharp Mesa Vista – East County 1460 East Main Street, Room 10; El Cajon, CA 92021	For info, call Bob at 619.572.9710, or email Agnes at < <a href="mailto:dbsa-el-cajon-owner@yahoogroups.com">dbsa-el-cajon-owner@yahoogroups.com</a> >. Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsa-el-cajon/">http://groups.yahoo.com/group/dbsa-el-cajon/</a>
<b>Friday *</b> 1:00pm – 3:00pm * 2 <sup>nd</sup> , 4 <sup>th</sup> Friday	<b>DBSA San Diego at JFS</b> Jewish Family Service, Joan & Irwin Jacobs Campus 8804 Balboa Avenue; San Diego, CA 92123	For info, call 858.444.6776 or Libby at 858.229.5011. <i>Meetings are held on 2<sup>nd</sup> and 4<sup>th</sup> Fridays.</i>
<b>Friday</b> 11:30am – 1:30pm	<b>DBSA Temecula</b> Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, call 951.434.8337, or email < <a href="mailto:DBSA.Temecula@gmail.com">DBSA.Temecula@gmail.com</a> >. Web site: <a href="https://www.facebook.com/DBSA.Temecula/">https://www.facebook.com/DBSA.Temecula/</a>

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- For info on all DBSA groups, call 800.826.3632, or see the complete listing of DBSA groups at <http://www.dbsalliance.org/FindSupport>.
  - These are *free support groups* for those with depression, bipolar disorder, and related disorders – and families and friends. A volunteer consumer facilitator runs each group. There are no monitoring professionals, but sometimes students attend *if no consumers object*.
  - Updates, corrections, comments, questions? Email Joe at <[joe.freeman@iname.com](mailto:joe.freeman@iname.com)> or <[joe@dbsasandiego.org](mailto:joe@dbsasandiego.org)>.
  - This document was revised on 02 October 2018 and is available at <http://www.dbsasandiego.org/resources/dbsa-san-diego-county-groups.pdf>
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