



Depression and Bipolar Support Alliance Support Groups in San Diego County

Monday 6:00pm – 8:00pm	DBSA San Diego VA San Diego Medical Center, Room 2011 3350 La Jolla Village Drive; San Diego, CA 92161 Includes a dedicated “family and friends” group; see http://www.dbsasandiego.org/resources/family-and-friends.pdf for details.	For info, call 858.444.6776. Email: < info@dbsasandiego.org > Web site: http://www.dbsasandiego.org/
Tuesday * 2:00pm – 4:00pm * 3 rd Tuesday	DBSA Del Mar 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 < RogerAlsabrook@yahoo.com >. <i>Meetings are held on 3rd Tuesday of the month.</i>
Tuesday 3:00pm – 5:00pm	DBSA San Diego True Life Center for Wellbeing 4520 Executive Drive, Suite 225; San Diego, CA 92121	For info, call 858.444.6776. Email: < info@dbsasandiego.org > Web site: http://www.dbsasandiego.org/
Tuesday 6:00pm – 8:00pm	DBSA Rancho Bernardo Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; San Diego, CA 92128	For info, call 858.487.3200 or Mark at 858.538.8450. Email: < DBSARanchoBernardo@yahoo.com >
Tuesday 6:30pm – 8:30pm	DBSA Paradise East 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 < Kel.San.Diego@gmail.com >. <i>It's in Room 3 of the Middle School, behind main building.</i>
Wednesday 2:30pm – 4:00pm	DBSA Vista / North Coastal Tri-City Outpatient Behavioral Health Services 510 West Vista Way; Vista, CA 92083	For info, call Katherine at 760.535.1103, or email < dbsavista@gmail.com >.
Wednesday 5:00pm – 6:00pm	DBSA Ramona Ramona Oaks Park at San Diego Country Estates 25341 Pappas Road; Ramona, CA 92065	For info, call Sheri at 760.443.6861 to get additional details on the location. <i>Meet outdoors, by the stage in the park.</i>
Wednesday 6:00pm – 8:00pm	DBSA Chula Vista Sharp Chula Vista Medical Center Administrative Conference Room 751 Medical Center Court; Chula Vista, CA 91911	For info, call 858.444.6776, or email < dbsachulavista@gmail.com >. <i>Turn left into the first hallway and enter the last door on your right, the Administrative Conference Room.</i>
Wednesday * 6:30pm – 8:00pm * 2 nd , 4 th Wednesday	DBSA San Diego for Family & Friends of Teens REACH Academy 230 Jamacha Road; El Cajon, CA 92019	For info, email Vickie at < vs4mi@yahoo.com >. <i>Meetings are held on 2nd and 4th Wednesdays and are for family and friends of teenage mental health consumers.</i>
Wednesday * 7:00pm – 9:00pm * 2 nd , 4 th Wednesday	DBSA San Diego for Family & Friends North County 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 2nd and 4th Wednesdays and are for family and friends of mental health consumers.</i>
Thursday 2:00pm – 4:00pm	DBSA Hillcrest / UCSD 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 < rightwright@hotmail.com >. <i>Free parking is available under the building.</i>
Thursday 6:00pm – 7:30pm	DBSA Escondido Escondido Seventh-day Adventist Church 1305 Deodar Road; Escondido, CA 92046	For info, call or text Steve at 619.307.5547 or email him at < one4dutch@hotmail.com >. <i>DBSA Escondido does not permit student observers.</i>
Thursday 6:00pm – 8:00pm	DBSA San Diego 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: < info@dbsasandiego.org > Web site: http://www.dbsasandiego.org/
Thursday 6:00pm – 8:00pm	DBSA El Cajon 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 < dbsa-el-cajon-owner@yahoo.com >. Yahoo! Group: http://groups.yahoo.com/group/dbsa-el-cajon/
Friday 11:30am – 1:30pm	DBSA Temecula Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, call Mike at 951.551.1186 or email him at < DBSATemecula@gmail.com >. Web site: http://www.dbsatemecula.org/

- 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> or <joe@dbsasandiego.org>.
- This document was revised on 26 May 2017 and is available at <http://www.dbsasandiego.org/resources/dbsa-san-diego-county-groups.pdf>