



# Depression and Bipolar Support Alliance of San Diego

**DBSA San Diego** is the San Diego chapter of the national DBSA (Depression and Bipolar Support Alliance). We are a peer-facilitated group of people with mood disorders who support one another on our road to recovery. DBSA San Diego offers:

- ❑ free **peer-led support group meetings** twice weekly at the VA San Diego Medical Center in La Jolla, sometimes followed by a social gathering at a nearby coffeehouse or restaurant

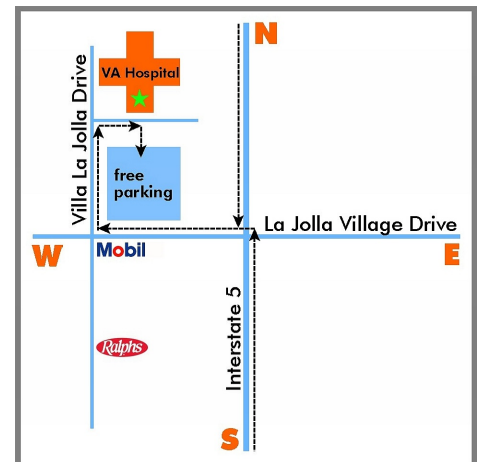
**Support group meetings** offer people the opportunity to discuss mental health issues with others having similar concerns. Family members and friends of those with mood disorders are also welcome. No reservations or registrations are necessary, and no fees are charged, but respect and confidentiality among participants is required. Donations are welcomed.

☛ **When** Every **Monday and Thursday** from **6pm to 8pm** (including holidays). On Mondays there is also a specialty group for family and friends of those with mood disorders.

☛ **Where** VA San Diego Medical Center, Second Floor  
3350 La Jolla Village Drive  
San Diego, California 92161

**Directions** (see map at right)

Take Interstate 5 to the La Jolla Village Drive exit. Drive west (on La Jolla Village Drive) and turn right at the first stoplight, onto Villa La Jolla Drive. Drive up the hill and turn right at the first stoplight. Park (for free) in the lot just south of the VA San Diego Medical Center. Enter the front of the building, walk straight ahead to the elevators, go up to the Second Floor, and proceed to **Room 2011** (on Mondays) or **Room 2436 or 2438** (on Thursdays).



- ❑ free **educational lectures** by mental health experts in the community
- ❑ a **lending library** containing books, magazines, multimedia, and other materials related to mental health, for use by anyone associated with DBSA San Diego
- ❑ a list of psychiatrists, therapists, and other service providers personally recommended by our participants
- ❑ a **Web site** at <http://www.dbsasandiego.org/> for obtaining information about DBSA San Diego as well as a variety of topics of interest to mental health consumers and their families and friends
- ❑ a secret **Facebook Group** for participants to keep in touch and support one another outside of regular meetings; you must request an invitation to join
- ❑ **social events**: monthly potluck picnics in the summer, spring and fall buffet feasts, a holiday party, an annual San Diego Padres baseball game, the KGB Sky Show (football plus fireworks), and a variety of informal social gatherings