



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-to-peer group of people with mood disorders who support one another on our road to wellness. Our group is sponsored by Drs. John Kelsoe, M.D., Eric Raimo, M.D., and Colin Depp, Ph.D. ❖ **DBSA San Diego** offers:

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

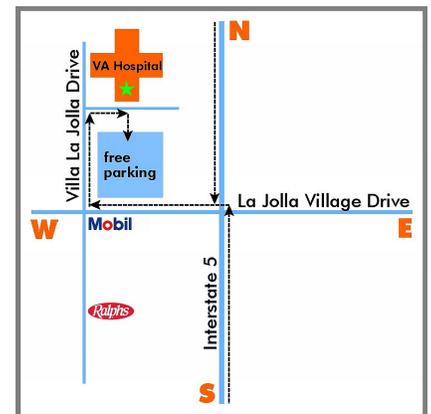
Support group meetings offer people the opportunity to discuss mental health issues with others having similar concerns. Family members and friends of those with mood disorders are also welcome. No reservations or registrations are necessary, and no fees are charged, but respect and confidentiality among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

☛ **When** Support group meetings are held from **6:00pm to 8:00pm** twice weekly, every **Monday** and **Thursday** evening, including holidays. On Mondays there is a dedicated meeting room just for family and friends of those with mood disorders.

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

Directions (see map at right)

Take Interstate 5 to the La Jolla Village Drive exit. Go west (on La Jolla Village Drive) and turn right at the first stoplight, onto Villa La Jolla Drive. Go 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, continue walking straight, to the elevators, go to the Second Floor, and proceed to **Room 2011** (Monday) or **Room 2113** (Thursday).



- ❑ free **educational lectures**, typically on the first Monday of some months (but never on holidays), followed by a question-and-answer session, presented in the Garren Auditorium inside the Biomedical Sciences Building on the campus of the School of Medicine of the University of California, San Diego, in La Jolla
- ❑ a **library** containing books, magazines, videos, brochures, and other educational materials related to mood disorders, for use by anyone associated with DBSA San Diego
- ❑ an extensive **phone list** with names, phone numbers, and email addresses of those DBSA San Diego members who are willing to make themselves available to others for support or friendship; **email your own information to dbsasandiego@yahoo.com to get listed**
- ❑ the **Web site** **<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
- ❑ the **dbsasandiego Yahoo! Group**, which we use primarily as a mailing list but which can also be used for disseminating files, photos, links, and carrying on discussions; **become a member by joining at <http://groups.yahoo.com/group/dbsasandiego/>** after which you can post messages by emailing them to dbsasandiego@yahoogroups.com
- ❑ a **holiday potluck party** in mid-December and one or more **summer potluck beach parties**; in 2008 we had our first annual **Thanksgiving Feast**, in 2009 our first annual **Spring Fling**, both at Hometown Buffet