



Is the Central San Diego County chapter of the national [DBSA](#)

(**Depression and Bipolar Support Alliance**). We are a **peer-facilitated support group** comprised of people who support one another on our road to wellness. We include those diagnosed with mood disorders, their families and friends, and anyone else who seeks to learn more about depressive and bipolar mood (affective) disorders. Through education and awareness, many people find that they are better able to cope with the pain of their illness with dignity and insight.

Meetings

DBSA Alvarado is organized and run by volunteers, and sponsored by **Dr. Meg Lawrence**. We invite anyone affected by mood disorders to attend our meetings and discuss issues related to their mental health diagnoses with others who have dealt with similar issues and to take advantage of the many resources available to them. **We meet every Tuesday from 6:00pm to 8:00pm and Saturdays 3:00pm to 5:00pm at Alvarado Hospital in the West Tower at 6645 Alvarado Road, San Diego, CA**, parking in the Hospital parking structure is free of charge every day. We have a **24-hour phone** to call for questions or resources; **619.218.4669**.

In association with the

Family & Youth Council – San Diego



A voice for Families and Youth, Family & Youth Roundtable

Integrated meetings every 3rd Saturday with regular DBSA group. For more information on the Family & Youth Roundtable; www.fyrt.org or 619-546-5852

