

Family & Patient Mood Disorders Support Group



Group discussion is an open format; but topics include understanding symptoms & treatments (emphasis on Cognitive Behavioral Therapy), the significance of relationships throughout the course of the illnesses, co-occurring diagnoses, symptom management, identifying triggers of mood episodes, what individuals can do to help themselves, & what families can do to help

Population Served:

- Have a diagnosis of depression, bipolar disorder, or schizoaffective disorder, & anxiety
- Family or friends of someone who is diagnosed with one of the above disorders
 - Group is for adults with mood disorders (18+ years of age)
- In some cases children over 12 years of age are welcome (please call)
- Do *NOT* need to be a patient or family member of a patient at Sharp Mesa Vista Hospital
 - Group is free

Group Time & Location:

- 5:00 PM to 6:15 PM Thursdays
- Group meets in the Sharp Mesa Vista Education Building in the Don Allen Garden

Contact Henry Petersen, LCSW
for additional information
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