

SAN DIEGO PHOBIA FOUNDATION

A non-profit organization serving all of San Diego County

About Us

The San Diego Phobia Foundation is a 501(c)(3) nonprofit mental health organization dedicated to educating the public about and providing support for persons who suffer from anxiety disorders, including panic attacks, phobias, obsessions and compulsions, post traumatic stress, generalized anxiety, social anxiety and depression of all types. We have been in existence in San Diego since 1988.

Support Groups

We believe a meaningful and understanding support system is helpful for recovery, therefore we sponsor four weekly self-help support groups. Meetings are lead by experienced facilitators and occasionally feature a guest speaker. The meetings are friendly, relaxed, and on a first-name-only basis. The meetings are also open to adult family members and significant others. A five dollar donation for each meeting attended is appreciated.

EAST COUNTY SUPPORT GROUP

Sharp Mesa Vista - East County
1460 E. Main Street Rm. 107
El Cajon, CA 92021

Mondays, 6:30 P.M. to 8:00 P.M.

SAN DIEGO CENTRAL SUPPORT GROUP

Sharp Mesa Vista Hospital
Day Hospital Lounge
7850 Vista Hill Avenue
San Diego, CA 92123

Tuesdays, 7:00 P.M. to 8:30 P.M.

NORTH COUNTY INLAND SUPPORT GROUP

Cypress Court – Escondido
1255 North Broadway
Escondido, CA 92026
(760-747-1940)

Saturdays, 10:00 A.M. to 11:00 A.M.

SOUTHBAY SUPPORT GROUP

(Conducted in English & Spanish)

Sharp Chula Vista Hospital & Medical Center
751 Medical Center Court
Medical Staff Library
Chula Vista, CA 91911

Saturdays, 9:30 AM to 11:00 AM

Contact Us

Please leave us a confidential voice message at (760) 944-6334, clearly stating your telephone number, mailing address and email address if you would like further information about these support groups or a referral to a treatment provider specialist.

24 Hr. Voicemail: (760) 944-6334

Mailing Address: P.O. Box 3191, La Mesa, CA 91944-3191