



Depression and Bipolar Support Alliance Support Groups in San Diego County Group Leader Contact List

Monday **DBSA San Diego** at VA San Diego Medical Center, Room 2011
6:00pm – 8:00pm DBSA San Diego / email <info@dbsasandiego.org> / phone 858.444.6776
Michelle Routhieaux / email <michelle@dbsasandiego.org> / phone 619.818.1856

Tuesday **DBSA Rancho Bernardo** at Aurora Behavioral Health Care/San Diego
6:00pm – 8:00pm Aurora Behavioral Health Care/San Diego / phone 858.487.3200
Mark Lucas / email <dbsaranchobernardo@yahoo.com> / phone 858.538.8450

Wednesday **DBSA Vista / North Coastal** at Tri-City Outpatient Behavioral Health Services
3:00pm – 4:30pm Kathy Bevilacqua / email <kathleenbevilacqua@yahoo.com> / phone 760.806.2746
Bobbie Hamilton / phone 760.439.3500

Thursday **DBSA Hillcrest / UCSD** at UCSD Outpatient Psychiatric Services
2:00pm – 4:00pm Dean Wright / email <rightwright@hotmail.com> / phone 619.298.2313

Thursday **DBSA San Diego** at VA San Diego Medical Center, Room 2113
6:00pm – 8:00pm DBSA San Diego / email <info@dbsasandiego.org> / phone 858.444.6776
Joe Freeman / email <joe@dbsasandiego.org> / phone 858.453.3261

Thursday **DBSA Rancho Bernardo** at Aurora Behavioral Health Care/San Diego
6:00pm – 8:00pm Aurora Behavioral Health Care/San Diego / phone 858.487.3200
Mark Lucas / email <dbsaranchobernardo@yahoo.com> / phone 858.538.8450

Thursday **DBSA El Cajon** at St. John's Lutheran Church
6:30pm – 8:30pm Agnes Zsigovics / email <dbsa-el-cajon-owner@yahoogroups.com>
Bob / phone 619.572.9710

Friday **DBSA Temecula** at Mary Phillips Senior Center
11:30am – 1:30pm Mark / email <threer7@hotmail.com> / phone 951.551.1186
Barbara Webb / email <barbara_webb@msn.com>

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- Updates, corrections, comments, questions? Email Joe at <joe@dbsasandiego.org>.
 - This is the 18 January 2012 revision of [dbsa-san-diego-county-contacts.pdf](#).
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