



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

Monday 6:00pm – 8:00pm	DBSA San Diego at VA San Diego Medical Center, Room 2011 DBSA San Diego / email <info@dbsasandiego.org> / phone 858.444.6776 Michelle Routhieaux / email <michelle@dbsasandiego.org> / phone 619.818.1856
Tuesday 6:00pm – 8:00pm	DBSA Rancho Bernardo at Aurora Behavioral Health Care/San Diego Aurora Behavioral Health Care/San Diego / phone 858.487.3200 Mark Lucas / email <DBSARanchoBernardo@yahoo.com> / phone 858.538.8450
Wednesday 2:30pm – 4:00pm	DBSA Vista / North Coastal at Tri-City Outpatient Behavioral Health Services Kathy Bevilacqua / email <kathleenbevilacqua@yahoo.com> / phone 760.806.2746 Bobbie Hamilton / phone 760.439.3500
Wednesday 6:00pm – 8:00pm	DBSA San Marcos at Accent Care Deb Meacham / email <DBSASanMarcos@hotmail.com> / phone 619.822.3909
Wednesday 6:30pm – 8:00pm	DBSA San Diego for Family & Friends of Teens at REACH Academy Vickie Parkhurst / email <vs4mi@yahoo.com>
Thursday 2:00pm – 4:00pm	DBSA Hillcrest / UCSD at UCSD Outpatient Psychiatric Services Dean Wright / email <rightwright@hotmail.com> / phone 619.298.2313
Thursday 6:00pm – 8:00pm	DBSA San Diego at VA San Diego Medical Center, Rooms 2436 and 2438 DBSA San Diego / email <info@dbsasandiego.org> / phone 858.444.6776 Joe Freeman / email <joe@dbsasandiego.org> / phone 858.453.3261
Thursday 6:00pm – 8:00pm	DBSA Rancho Bernardo at Aurora Behavioral Health Care/San Diego Aurora Behavioral Health Care/San Diego / phone 858.487.3200 Mark Lucas / email <DBSARanchoBernardo@yahoo.com> / phone 858.538.8450
Thursday 6:30pm – 8:30pm	DBSA El Cajon at St. John's Lutheran Church Agnes Zsigovics / email <dbsa-el-cajon-owner@yahoogroups.com> Bob / phone 619.572.9710
Friday 11:30am – 1:30pm	DBSA Temecula at Mary Phillips Senior Center Mark / email <threez7@hotmail.com> / phone 951.551.1186 Barbara Webb / email <barbara_webb@msn.com>

- Updates, corrections, comments, questions? Email Joe at <joe@dbsasandiego.org>.
 - This is the 16 March 2013 revision of [dbsa-san-diego-county-contacts.pdf](#).
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