



Depression and Bipolar Support Alliance Support Groups in San Diego County

Monday 6:00pm – 8:00pm	DBSA San Diego VA San Diego Medical Center, Room 2011 3350 La Jolla Village Drive; San Diego, CA 92161 Large attendance. After introduction and news, the group breaks into one “family and friends” group and one or more mental health “consumer” groups.	For info, call 858.444.6776. Email: dbsasandiego@yahoo.com Web: http://www.dbsasandiego.org/ Yahoo! Groups: http://groups.yahoo.com/group/dbsasandiego/ Meetings are held every Monday and Thursday, including holidays. (See below for info on the Thursday meetings.)
First Monday	DBSA San Diego has a guest speaker presentation on the first Monday of some months, excluding holidays, in <i>Garren Auditorium</i> (as well as their usual support group).	<i>Garren Auditorium</i> is in the Biomedical Sciences Building, on the campus of the Medical School at UCSD, which is just a short walk from the VA San Diego Medical Center.
Tuesday 6:00pm – 8:00pm	DBSA San Diego County Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; Rancho Bernardo, CA 92128	For info, call 858.487.3200 or Shelley at 858.829.1470. Email: shelleyhoff@yahoo.com
Wednesday 3:00pm – 4:30pm	DBSA Vista / North Coastal Tri-City Outpatient Behavioral Health Services 510 West Vista Way; Vista, CA 92083	For info, call Kathy at 760.806.2746 or Bobbie at 760.439.3500.
Thursday 2:00pm – 4:00pm	DBSA Hillcrest / UCSD UCSD Outpatient Psychiatric Services, Room 215 140 Arbor Drive; San Diego, CA 92103 This is close to the UCSD Medical Center in Hillcrest.	For info, call Dean at 619.298.2313. Email: rightwright@hotmail.com This is an area with difficult parking. Fortunately, free parking is available under the building.
Thursday 6:00pm – 8:00pm	DBSA San Diego VA San Diego Medical Center, Room 2113 3350 La Jolla Village Drive; San Diego, CA 92161 The Thursday group is smaller than the Monday group, and has no dedicated “family and friends” room.	For info, call 858.444.6776. Email: dbsasandiego@yahoo.com Web: http://www.dbsasandiego.org/ Yahoo! Groups: http://groups.yahoo.com/group/dbsasandiego/
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Thursday 6:30pm – 8:00pm	DBSA El Cajon St. John's Evangelical Lutheran Church 1430 Melody Lane; El Cajon, CA 92019	For info, call Agnes at 619.338.6024. Yahoo! Groups: http://groups.yahoo.com/group/DBSA-El-Cajon/ Meetings are held in the church library.
Friday 11:30am – 1:30pm	DBSA Temecula Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, email Mark at fourmark@hughes.net or Barbara at barbara_webb@msn.com .

- For info on all DBSA groups, call 800.826.3632, or see the complete listing of DBSA groups at <http://www.dbsalliance.org/FindSupport>.
 - These meetings are *free support groups* for those with depression or bipolar disorder, and their families and friends. A volunteer consumer facilitator runs the group. There are no monitoring doctors or therapists, but sometimes students of nursing or related fields attend *if no consumers object*. Meetings are non-clinical and non-therapeutic, but may have therapeutic value for individual attendees.
 - Each chapter has its own rules, guidelines, and group culture, so if you feel that you do not fit in at one group, find another group that feels more like home to you.
 - For non-emergency consumer-to-consumer issues, call the Warm Line at 800.930.9276, available 7 days, 5:00pm to 11:00pm.
 - To view, print, or download this document, visit <http://sandiego.networkofcare.org/mh/> and click on *Community News and Events*. Under *Announcements*, and then under *Meetings and Events*, click on *DBSA Support Groups in San Diego County*.
 - Updates, corrections, comments, questions? Email Joe at joe.freeman@iname.com.
 - This is the 12 April 2010 revision of [dbsa-san-diego-county-groups.pdf](#).
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