



# Depression and Bipolar Support Alliance Support Groups in San Diego County

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<b>Monday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> 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: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a> Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsasandiego/">http://groups.yahoo.com/group/dbsasandiego/</a> Meetings are held every Monday and Thursday, including holidays. (See below for info on the Thursday meetings.)
<b>First Monday</b>	<b>DBSA San Diego</b> has a guest speaker presentation on the first Monday of most 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.
<b>Tuesday</b> 6:00pm – 8:00pm	<b>DBSA Rancho Bernardo</b> Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; Rancho Bernardo, CA 92128	For info, call 858.487.3200 or Mark at 858.538.8450. Email: < <a href="mailto:dbsaranchobernardo@yahoo.com">dbsaranchobernardo@yahoo.com</a> >
<b>Wednesday</b> 3:00pm – 4:30pm	<b>DBSA Vista / North Coastal</b> 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.
<b>Thursday</b> 2:00pm – 4:00pm	<b>DBSA Hillcrest / UCSD</b> 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: < <a href="mailto:rightwright@hotmail.com">rightwright@hotmail.com</a> > This is an area with difficult parking. Fortunately, free parking is available under the building.
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> 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: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a> Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsasandiego/">http://groups.yahoo.com/group/dbsasandiego/</a>
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<b>Thursday</b> 6:30pm – 8:30pm	<b>DBSA El Cajon</b> St. John's Lutheran Church 1430 Melody Lane; El Cajon, CA 92019 Meetings are held in the conference room/library.	For info, call Bob at 619.572.9710, or email Agnes at < <a href="mailto:dbsa-el-cajon-owner@yahoo.com">dbsa-el-cajon-owner@yahoo.com</a> >. Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsa-el-cajon/">http://groups.yahoo.com/group/dbsa-el-cajon/</a>
<b>Friday</b> 11:30am – 1:30pm	<b>DBSA Temecula</b> Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, call Mark at 951.551.1186 or email him at < <a href="mailto:threez7@hotmail.com">threez7@hotmail.com</a> >, or email Barbara at < <a href="mailto:barbara_webb@msn.com">barbara_webb@msn.com</a> >.

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- 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@dbsasandiego.org](mailto:joe@dbsasandiego.org)>.
  - This is the 18 January 2012 revision of [dbsa-san-diego-county-groups.pdf](#).
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