



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

<b>Monday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> <i>Due to the Covid-19 pandemic, meetings won't be held in their usual location. Instead, the location can be obtained from the <b>Meetup</b> calendar, the contact phone number 858.444.6776, or the contact email <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a>. Includes a dedicated "family and friends" group; see <a href="http://www.dbsasandiego.org/resources/family-and-friends.pdf">http://www.dbsasandiego.org/resources/family-and-friends.pdf</a> for details.</i>	Website: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a>
<b>Tuesday *</b> 2:00pm – 4:00pm * 3 <sup>rd</sup> Tuesday	<b>DBSA Del Mar</b> Pacifica Del Mar (restaurant atop Del Mar Plaza) 1555 Camino Del Mar; Del Mar, CA 92014	For info, call Roger at 858.525.1509, or email him at <a href="mailto:RogerAlsabrook@yahoo.com">RogerAlsabrook@yahoo.com</a> . Meetings are held on 3 <sup>rd</sup> Tuesday of the month.
<b>Tuesday</b> 6:00pm – 8:00pm	<b>DBSA Rancho Bernardo</b> Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; San Diego, CA 92128	For info, call 858.444.6776, or email <a href="mailto:DBSARanchoBernardo@yahoo.com">DBSARanchoBernardo@yahoo.com</a> .
<b>Wednesday</b> 2:30pm – 4:00pm	<b>DBSA Vista</b> Tri-City Outpatient Behavioral Health Services 510 West Vista Way; Vista, CA 92083	For info, call Katherine at 760.535.1103, or email her at <a href="mailto:dbsavista@gmail.com">dbsavista@gmail.com</a> .
<b>Wednesday</b> 5:00pm – 7:00pm	<b>DBSA Chula Vista</b> <b>DISCONTINUED</b> Visions Clubhouse 226 Church Avenue; Chula Vista, CA 91910-2703	For info, call or text 858.444.6776, or email <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> .
<b>Wednesday *</b> 7:00pm – 9:00pm * 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday	<b>DBSA San Diego for Family &amp; Friends North County</b> San Rafael Catholic Church Parish Center, Room J 17252 Bernardo Center Drive; San Diego, CA 92128	For info, call 858.518.3176. <i>Not a faith-based group.</i> Meetings are held on 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays and are for family and friends of mental health consumers.
<b>Thursday</b> 2:00pm – 4:00pm	<b>DBSA Hillcrest</b> <b>DISCONTINUED</b> UCSD Outpatient Psychiatric Services, Room 215 140 Arbor Drive; San Diego, CA 92103	For info, call or text 858.444.6776, or email <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> . Free parking is available under the building.
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> <i>Due to the Covid-19 pandemic, meetings won't be held in their usual location. Instead, the location can be obtained from the <b>Meetup</b> calendar, the contact phone number 858.444.6776, or the contact email <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a>.</i>	Website: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a>
<b>Thursday *</b> 5:30pm – 7:30pm * excluding holidays	<b>DBSA El Cajon</b> <b>DISCONTINUED</b> Sharp Mesa Vista – East County 1460 East Main Street, Room 10; El Cajon, CA 92021	For info, call Terry at 619.315.8676.
<b>Friday *</b> 1:00pm – 3:00pm * 2 <sup>nd</sup> , 4 <sup>th</sup> Friday	<b>DBSA San Diego at JFS</b> Jewish Family Service, Joan & Irwin Jacobs Campus 8804 Balboa Avenue; San Diego, CA 92123	For info, call or text 858.444.6776, or email <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> . Meetings are held on 2 <sup>nd</sup> and 4 <sup>th</sup> Fridays.
<b>Friday</b> 11:30am – 1:30pm	<b>DBSA Temecula</b> Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, call 951.434.8337, or email <a href="mailto:DBSA.Temecula@gmail.com">DBSA.Temecula@gmail.com</a> . Website: <a href="https://www.facebook.com/DBSA.Temecula/">https://www.facebook.com/DBSA.Temecula/</a>
<b>Sunday</b> 9:00am – 11:00am	<b>DBSA Paradise East</b> <b>DISCONTINUED</b> Wells Park (northeast quadrant, next to the parking lot) 1153 East Madison Avenue; El Cajon, CA 92021	For info, call Kel at 619.966.5913, or email him at <a href="mailto:kel.elcajon@gmail.com">kel.elcajon@gmail.com</a> . Wells Park is reachable by San Diego MTS Route 864.

- ☐ 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 are *free support groups* for those with depression, bipolar disorder, and related disorders – and families and friends. A volunteer consumer facilitator runs each group. There are no monitoring professionals, but sometimes students attend *if no consumers object*.
- ☐ Updates, corrections, comments, questions? Email Joe at [joe@dbsasandiego.org](mailto:joe@dbsasandiego.org) or [joseph.freeman@yahoo.com](mailto:joseph.freeman@yahoo.com).
- ☐ This document was revised on 15 September 2021 and is available at <http://www.dbsasandiego.org/resources/dbsa-san-diego-county-groups.pdf>