

Family & Friends Support Group North County

**If You're Helping Someone with a Mood Disorder...
*Learn from Others***

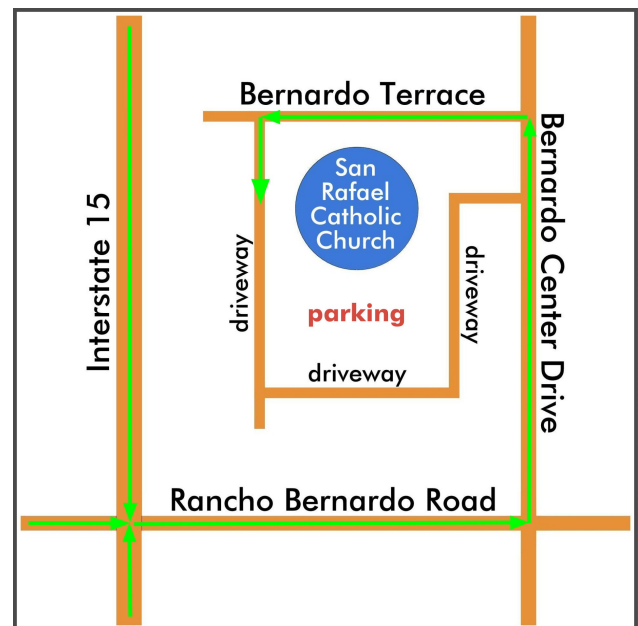
- ▶ Set stigmas aside
- ▶ Get needed support and comfort
- ▶ Learn about available resources
- ▶ Share with others

when

Every 2nd and 4th Wednesday,
from 7pm to 9pm

where → → → → → → → →

San Rafael Catholic Church
Parish Center, Room J
17252 Bernardo Center Drive
San Diego, California 92128
This is not a faith-based group.



For more info, call **858.518.3176** or visit <http://www.dbsasandiego.org/>

Note: This is a special group for family & friends of those with mood disorders. If you are looking for support for your own mood disorder, you can find a list of groups at <http://www.dbsasandiego.org/meetings.html> or call the DBSA San Diego Info Line at 858.444.6776.



**Depression and Bipolar
Support Alliance
of San Diego**