Family & Friends Support Group La Jolla

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

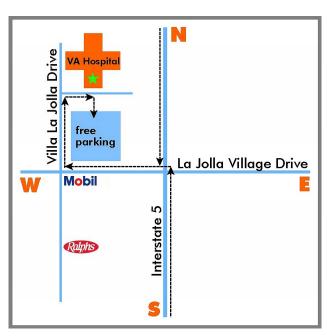
- Set stigmas aside
- Get needed support and comfort
- ► Learn about available resources
- Share with others

when

Every Monday evening, from 6pm to 8pm



VA San Diego Medical Center Second Floor, Room 2011 3350 La Jolla Village Drive San Diego, California 92161



For more info, call **858.444.6776** 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

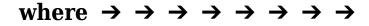
Family & Friends Support Group North County

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



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/**

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