



Depression and Bipolar Support Alliance of San Diego

Family & Friends Support Group

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

For more info, call 858.444.6776 or
visit <http://www.dbsasandiego.org/>



When

Every Monday evening,
from 6pm to 8pm

Where → → → →

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

