

Family & Patient Mood Disorders Support Group



Group discussion is an open format; but topics include understanding symptoms & treatments (emphasis on Cognitive Behavioral Therapy), the significance of relationships throughout the course of the illnesses, co-occurring diagnoses, symptom management, identifying triggers of mood episodes, what individuals can do to help themselves, & what families can do to help

Eligibility Criteria:

- Have a diagnosis of depression, bipolar disorder, or schizoaffective disorder
- Family or friends of someone who is diagnosed with depression, bipolar disorder, or schizoaffective disorder
 - Group is for adults with mood disorders (18+ years of age)
- In some cases children over 12 years of age are welcome (please call)
- Do *NOT* need to be a patient or family member of a patient of Sharp Mesa Vista Hospital
 - *Group is free*

Group Time:

- 5:00 PM to 6:00 PM Wednesdays
- Group meets in the Sharp Mesa Vista Day Treatment Center Patio Room

Contact Henry Petersen, MSW
for additional information
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