



DBSA San Diego is the San Diego chapter of the national DBSA (**Depression and Bipolar Support Alliance**). We are a peer-facilitated group of mental health consumers with mood disorders who support one another on our road to wellness. Our group is sponsored by Drs. John Kelsoe, M.D., Eric Raimo, M.D., and Colin Depp, Ph.D. ❖ **DBSA San Diego** offers:

- ❑ free twice-weekly **support group meetings** at the VA San Diego Medical Center in La Jolla, usually followed by a social gathering at a local coffeehouse or restaurant (See the reverse side of this card.)
- ❑ free **educational lectures**, usually on the first Monday of each month (excluding holidays), followed by a question-and-answer session, presented in the Garren Auditorium inside the Biomedical Sciences Building on the campus of the School of Medicine of UC San Diego
- ❑ a **library** containing books, magazines, videos, brochures, and other educational materials related to mood disorders, for use by anyone associated with DBSA San Diego
- ❑ an extensive **phone list** with names, phone numbers, and email addresses of those DBSA San Diego members who are willing to make themselves available to others for support or friendship; **email your own information to info@dbsasandiego.org**
- ❑ the **Web site** <http://www.dbsasandiego.org/> for obtaining information about DBSA San Diego
- ❑ the **dbsasandiego Yahoo! Group**, which we use primarily as a mailing list but is also usable for disseminating files, photos, and carrying on discussions; **become a member by joining at <http://groups.yahoo.com/group/dbsasandiego/>** after which you can post messages by emailing them to dbsasandiego@yahoogroups.com
- ❑ a **holiday potluck party** in mid-December and one or more **summer potluck picnics**; in 2008 we had our first **Thanksgiving Feast**, in 2009 our first **Spring Fling**, and in 2011 our first Padres **baseball game** at Petco Park

DBSA San Diego <http://www.dbsasandiego.org/>
 P. O. Box 12774 info@dbsasandiego.org
 La Jolla, CA 92039-2774 858.444.6776

Access and Crisis Line (voice) 800.479.3339
 (TDD) 619.641.6992

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Depression and Bipolar Support Alliance of San Diego

Free support group meetings offer people the opportunity to discuss mental health issues with others having similar concerns. Family members and friends of those with mood disorders are also welcome. No reservations or registrations are necessary, and no fees are charged, but respect and confidentiality among members is required.

When Support group meetings are held from **6:00pm to 8:00pm** twice weekly, every Monday and Thursday, including holidays. Note that on Mondays there is one room dedicated just for family and friends of those with mood disorders.

Where VA San Diego Medical Center
3350 La Jolla Village Drive
San Diego, California 92161



Directions (see map above)

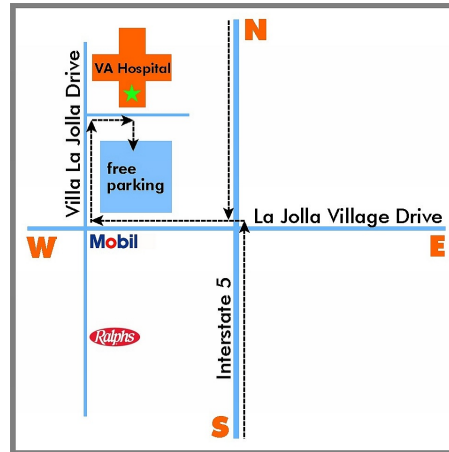
Take Interstate 5 to the La Jolla Village Drive exit. Go west (on La Jolla Village Drive) and turn right at the first stoplight, onto Villa La Jolla Drive. Go up the hill and turn right at the first stoplight. Park (for free) in the lot just south of the VA Hospital. Enter the front of the building, continue walking straight, to the elevators, go up to the Second Floor, and finally proceed to **Room 2011** (Mondays) or **Room 2436 or 2438** (Thursdays).

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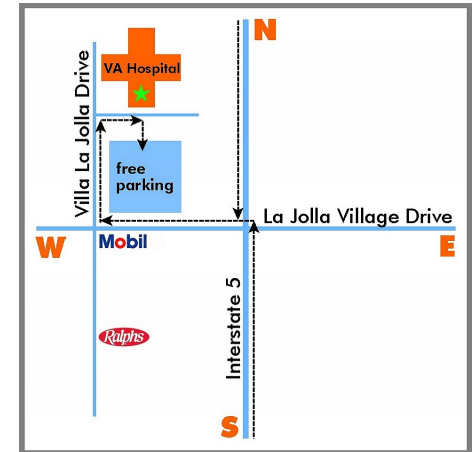
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