



# Depression and Bipolar Support Alliance of San Diego

**DBSA San Diego** is the San Diego chapter of the national DBSA (Depression and Bipolar Support Alliance). We are a peer-facilitated group of people with mood disorders who support one another on our road to recovery. DBSA San Diego offers:

- ☐ **free peer-led support group meetings** twice weekly at the VA San Diego Medical Center in La Jolla, sometimes followed by a social gathering at a nearby coffeehouse or restaurant

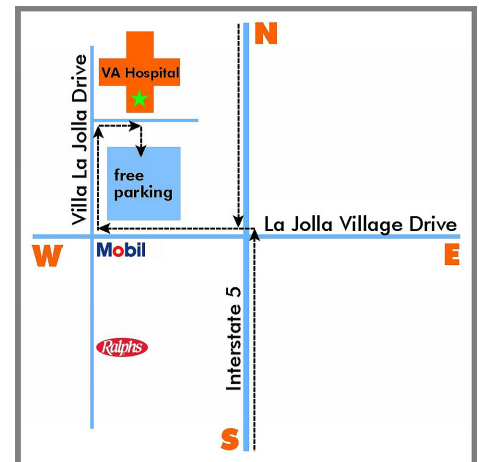
**Support group meetings** offer people the opportunity to discuss mental health issues with others having similar concerns. Family members and friends of those with mood disorders are also welcome. No reservations or registrations are necessary, and no fees are charged, but respect and confidentiality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

☛ **When** Every **Monday** and **Thursday** from **6pm to 8pm** (including holidays). On Mondays there is also a specialty group for family and friends of those with mood disorders.

☛ **Where** VA San Diego Medical Center, Second Floor  
3350 La Jolla Village Drive  
San Diego, California 92161

**Directions** (see map at right)

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



- ☐ **free educational lectures** by mental health experts in the community
- ☐ a **lending library** containing books, magazines, multimedia, and other materials related to mental health, for use by anyone associated with DBSA San Diego
- ☐ a list of psychiatrists, therapists, and other service providers personally recommended by our participants
- ☐ a **Web site** at <http://www.dbsasandiego.org/> for obtaining information about DBSA San Diego as well as a variety of topics of interest to mental health consumers and their families and friends
- ☐ a secret **Facebook Group** and a private **Yahoo! Group** for participants to keep in touch and support one another outside of regular meetings; you must request an invitation to join either or both
- ☐ **social events**: monthly potluck picnics in the summer, spring and fall buffet feasts, a holiday party, an annual San Diego Padres baseball game, the KGB Sky Show (football plus fireworks), and a variety of informal social gatherings



# Depression and Bipolar Support Alliance Support Groups in San Diego County

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<b>Monday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> ♦ VA San Diego Medical Center, Room 2011 3350 La Jolla Village Drive; San Diego, CA 92161 <i>Also includes a dedicated "family and friends" group.</i>	For info, call 858.444.6776. Email: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web site: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a> Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsasandiego/">http://groups.yahoo.com/group/dbsasandiego/</a>
<b>Tuesday *</b> 2:00pm – 4:00pm * 3 <sup>rd</sup> Tuesday	<b>DBSA Del Mar</b> ♦ Pacifica Del Mar (restaurant atop Del Mar Plaza) 1555 Camino Del Mar; Del Mar, CA 92014	For info, call Roger at 858.525.1509 or email him at < <a href="mailto:RogerAlsbrook@yahoo.com">RogerAlsbrook@yahoo.com</a> >. <i>Meetings are held on 3<sup>rd</sup> Tuesday of the month.</i>
<b>Tuesday</b> 6:00pm – 8:00pm	<b>DBSA Rancho Bernardo</b> ♦ Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; Rancho Bernardo, CA 92128	For info, call 858.487.3200 or Mark at 858.538.8450. Email: < <a href="mailto:DBSARanchoBernardo@yahoo.com">DBSARanchoBernardo@yahoo.com</a> >
<b>Tuesday</b> 6:30pm – 8:30pm	<b>DBSA Paradise East</b> ♦ Foothills Christian Church, Middle School, Room 3 365 West Bradley Avenue; El Cajon, CA 92020	For info, call Kel at 619.828.0083 or email him at < <a href="mailto:Kel.San.Diego@gmail.com">Kel.San.Diego@gmail.com</a> >. <i>It's in Room 3 of the Middle School, behind main building.</i>
<b>Wednesday</b> 2:30pm – 4:00pm	<b>DBSA Vista / North Coastal</b> ♦ Tri-City Outpatient Behavioral Health Services 510 West Vista Way; Vista, CA 92083	For info, call Katherine at 760.535.1103, or email < <a href="mailto:dbsavista@gmail.com">dbsavista@gmail.com</a> >.
<b>Wednesday</b> 6:00pm – 7:00pm	<b>DBSA Chula Vista</b> ♦ Sharp Chula Vista Medical Center, Admin. Conf. Room 751 Medical Center Court; Chula Vista, CA 91911	For info, call Armando at 619.552.3272 or email him at < <a href="mailto:dbsachulavista@gmail.com">dbsachulavista@gmail.com</a> >. <i>Turn left into first hallway, enter last door on your right.</i>
<b>Wednesday *</b> 6:30pm – 8:00pm * 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday	<b>DBSA San Diego for Family &amp; Friends of Teens</b> ♦ REACH Academy ( <i>This location is subject to change.</i> ) 230 Jamacha Road; El Cajon, CA 92019	For info, email Vickie at < <a href="mailto:vs4mi@yahoo.com">vs4mi@yahoo.com</a> >. <i>Meetings are held on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays and are for family and friends of teenage mental health consumers.</i>
<b>Thursday</b> 2:00pm – 4:00pm	<b>DBSA Hillcrest / UCSD</b> UCSD Outpatient Psychiatric Services, Room 215 140 Arbor Drive; San Diego, CA 92103 <i>This is close to the UCSD Medical Center in Hillcrest.</i>	For info, call Rob at 619.299.5650, or email Dean at < <a href="mailto:rightwright@hotmail.com">rightwright@hotmail.com</a> >. <i>Free parking is available under the building.</i>
<b>Thursday</b> 6:00pm – 7:30pm	<b>DBSA Escondido</b> ♦ Escondido Seventh-day Adventist Church 1305 Deodar Road; Escondido, CA 92046	For info, call or text Steve at 619.307.5547 or email him at < <a href="mailto:one4dutch@hotmail.com">one4dutch@hotmail.com</a> >. <i>DBSA Escondido does not permit student observers.</i>
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA San Diego</b> ♦ VA San Diego Medical Center, Rooms 2436 and 2438 3350 La Jolla Village Drive; San Diego, CA 92161 <i>Thursday has no dedicated "family and friends" room.</i>	For info, call 858.444.6776. Email: < <a href="mailto:info@dbsasandiego.org">info@dbsasandiego.org</a> > Web site: <a href="http://www.dbsasandiego.org/">http://www.dbsasandiego.org/</a> Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsasandiego/">http://groups.yahoo.com/group/dbsasandiego/</a>
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA Rancho Bernardo</b> ♦ Aurora Behavioral Health Care/San Diego 11878 Avenue of Industry; Rancho Bernardo, CA 92128	For info, call 858.487.3200 or Mark at 858.538.8450. Email: < <a href="mailto:DBSARanchoBernardo@yahoo.com">DBSARanchoBernardo@yahoo.com</a> >
<b>Thursday</b> 6:00pm – 8:00pm	<b>DBSA El Cajon</b> ♦ Sharp Mesa Vista – East County 1460 East Main Street, Rm 107-10; El Cajon, CA 92021	For info, call Bob at 619.572.9710, or email Agnes at < <a href="mailto:dbsa-el-cajon-owner@yahoo.com">dbsa-el-cajon-owner@yahoo.com</a> >. Yahoo! Group: <a href="http://groups.yahoo.com/group/dbsa-el-cajon/">http://groups.yahoo.com/group/dbsa-el-cajon/</a>
<b>Friday</b> 11:30am – 1:30pm	<b>DBSA Temecula</b> Mary Phillips Senior Center 41845 6th Street; Temecula, CA 92590	For info, call Mike at 951.551.1186 or email him at < <a href="mailto:DBSATemecula@gmail.com">DBSATemecula@gmail.com</a> >. Web site: <a href="http://www.dbsatemecula.org/">http://www.dbsatemecula.org/</a>
<b>Sunday</b> 10:00am – 11:00am	<b>DBSA Ramona</b> ♦ Collier Park 626 E Street; Ramona, CA 92065	For info, call Rick at 760.497.4046. He can provide additional details on the location. <i>This group meets outside, so remember to bring a chair.</i>

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- For info on all DBSA groups, call 800.826.3632, or see the complete listing of DBSA groups at <http://www.dbsalliance.org/FindSupport>.
  - These are free support groups for those with depression, bipolar disorder, and related disorders – and families and friends. A volunteer consumer facilitator runs each group. There are no monitoring professionals, but sometimes students attend if no consumers object.
  - DBSA San Diego and its satellite groups are indicated by the ♦ symbol to the right of the groups' names.
  - Updates, corrections, comments, questions? Email Joe at <[joe.freeman@iname.com](mailto:joe.freeman@iname.com)> or <[joe@dbsasandiego.org](mailto:joe@dbsasandiego.org)>.
  - This document was revised on 01 May 2016 and is available at <http://www.dbsasandiego.org/resources/info-sheet+groups-list.pdf>
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