



Depression and Bipolar Support Alliance

We've been there.
We can help.

Support Groups

DBSA Dallas Chapter

(Support Group Listing Last updated February 8, 2019)

P.O. Box 224842 – Dallas, Texas 75333-4842

(817) 654-7100 (**Metro Number**)

Email: info@dbsadallas.org

Website: www.dbsadallas.org; www.dbsalliance.org

DBSA Dallas facilitates monthly and weekly support group meetings. These activities are open to all – members and non-members alike. Please feel free to bring family members and/or friends. **All are welcome.**

Note: If (nursing) students wish to attend, contact us at info@dbsadallas.org before attending a meeting.

Dallas Area:

Every Monday from 2 – 3:30 pm, we meet at Mental Health America of Greater Dallas located at 624 N. Good - Latimer Expressway, Suite 200, Dallas, TX 75204. Meetings follow the curriculum for Pathways to Recovery as modified by National DBSA. Matt Shine facilitates this curriculum-driven support group. All are welcome.

Every first Thursday of the month from 7 – 8:30 pm, we meet at the University of Texas Southwestern Medical Center located at 5323 Harry Hines Blvd., Dallas, TX 75390 in room D1.200. **Note: This is a closed meeting and is intended for peers and their families and friends.** If large enough, we will break into two groups – one for peers and the other for friends and family members. Ricardo Aguilar and Leonard Kolanowski facilitate this share-support meeting(s).

Every third Thursday of the month from 7 – 8:30 pm, we meet at University of Texas Southwestern Medical Center at 5323 Harry Hines Blvd., Dallas, TX 75390 in room D1.200. **Note: This is an educational meeting.** We have speakers with expertise in building wellness and in managing behavioral health concerns. Everyone is welcome – peers, family members, friends, students and professionals. **Arrive early for door prizes!**

Duncanville Area:

Resuming in March of 2019 – Every second Saturday of the month, we meet at the home of Carol King. We enjoy light refreshments and camaraderie at 6:30 pm. (Feel free to bring your favorite snack or finger food.) We have our share-support meeting from 7 – 8:30 pm. All are welcome. **For details call 972-709-5464.**

Irving Area:

Every fourth Thursday of the month from 7 – 8:30 pm, we meet at Holy Trinity Lutheran Church located at 2901 N. O'Connor Rd. Carol King facilitates this share-support meeting for peers, family members and friends.

Richardson Area:

Every fourth Thursday of the month from 7 – 8:30 pm, we meet at Methodist Richardson Medical Center (2nd floor – Education Room B) located at 2831 E. President George Bush Highway (near Renner Rd.). Roger Hale facilitates this share-support meeting. All are welcome: peers, family members and friends.

If you wish to be added to our email list, please email Ricardo Aguilar at info@dbsadallas.org.