



DBSA COLORADO SPRINGS INITIATIVES SUPPORT GROUP MEETINGS SCHEDULE

The following support groups meet at Hillside Community Center, located at 925 S. Institute, (corner of Institute & Fountain) Colorado Springs. For directions, please call the Center at 385-7900. Important Notice: In Case of Bad Weather, call 385-7900 to check for Meeting Cancellations

Friday Group

For adults diagnosed with a mood disorder. Meets Fridays, 1 PM

Tuesday Group

For adults diagnosed with a mood disorder. Meets Tuesdays, 6:30 PM

The following support groups meet at St. Francis Health Center, 825 E. Pikes Peak, Colorado Springs. For directions, please call 477-1515. Important Notice: In case of bad weather, please call DBSA at 477-1515 to check for Meeting Cancellations.

Women's Daytime Group

For women diagnosed with a mood disorder. Meets Tuesdays, 11:30 AM, in the Renaissance Room. Use "29 Bldg" entrance (maroon canopy over door). Take elevator down the hall to the 3rd floor. Renaissance Room is on your immediate right. **See Women's Evening Group Meeting Schedule below.**

Young Adults and Teens Group

For young adults and teens 15-25 diagnosed with a mood disorder. Meets Tuesdays, 7:00 PM, in the Renaissance Room. Use "29 Bldg" entrance (maroon canopy over door). Take elevator down the hall to the 3rd floor. Renaissance Room is on your immediate right. ****Note: Release of Liability required for teens under the age of 18.**

Dual Diagnosis Group

For adults diagnosed with both a mood disorder and chemical dependency. Meets Thursdays, 7:00 PM. 3rd floor Renaissance Room. Use "29 Bldg" entrance. Take elevator down hall to the 3rd floor. Renaissance Room is on your immediate right.

Veterans Group

Open to all active duty, retired, and former military diagnosed with depression. Meets Mondays, 7:00 PM, 3rd floor Renaissance Room. Use "29 Bldg" entrance. Take elevator to 3rd floor. Renaissance Room is on your immediate right.

Family & Friends Group

For family members (including husbands and wives) and friends of those diagnosed with a mood disorder. Meets Tuesdays, 7:00 PM, 1st floor Classroom. Use 29 Bldg entrance (maroon canopy over door). Turn right at hallway; go all the way past pharmacy down to Classroom. Look for Initiatives Family & Friends Signs posted on inside window.

Parents and Caregivers of Young Children Diagnosed with Mood Disorders

For parents and caregivers of young children diagnosed with depression or bipolar disorder. Meets 1st and 3rd Saturdays, 4:00 PM. **Important:** Before attending, call Ralph at the DBSA Resource Center, 477-1515, for more information about this group.

The following support group meets at the Senior Center, 1514 N. Hancock St., Colorado Springs. For directions, call the Center, 385-5933. Notice: In case of bad weather, call 385-5933 to check for Meeting Cancellations.

Later Life Group

For older adults diagnosed with depression or bipolar disorder. Meets Wednesdays, 12:30 PM, C.D. Smith Room, Senior Center, 1514 North Hancock

The following support group meets at St. Francis Medical Center: Corner Woodmen & Powers. For directions call 477-1515. Notice: In case of bad weather call 477-1515 to check for meeting cancellations.

Women's Evening Group

For women diagnosed with a mood disorder. Meets Tuesdays, 7:00 PM, in the first floor Conference Room (CR-5), St. Francis Medical Center, corner of Woodmen and Powers Blvd. Meeting time and day effective until end of 2008.

The above support groups are sponsored by DBSA Colorado Springs, an award-winning independent affiliate of the Depression and Bipolar Support Alliance (DBSA). For more information about these support groups and other programs, call 719-477-1515, or on the Web at: www.dbsacoloradosprings.org.