



DBSA COLORADO SPRINGS SUPPORT GROUPS MEETING LOCATIONS & SCHEDULES

DBSA Colorado Springs (Close to Downtown Area)

The following Support Groups meet at DBSA Colorado Springs, 2132 E. Bijou St., Suite 112, just 3 1/2 blocks East of Union Blvd. Parking is behind the building on the North side, where you will also find a 3-step entrance into the lobby at the Northeast corner. Follow signs leading to DBSA Colorado Springs. For more directions, call 719-477-1515. Check local TV stations and/or web sites for closings due to bad weather, etc.

DBSA-CS Resource Center (Central)

Veterans' Group

Open to all active duty, retired, former military with mood disorders, having served any amount of time—*regardless of discharge. Confidential—no records!!*

Mondays, 7:00 PM

Women's Group

For women with mood disorders: **Tuesdays, 11:30 AM**

Young Adults and Teens Group*

Ages 15-25 with mood disorders: **Tuesdays, 7:00 PM**

**Release of Liability required for teens under 18.*

Family & Friends Group

For family members, including husbands, wives, & friends of people with mood disorders: **Tuesdays, 7:00 PM.**

Adults' Evening Group

For adults with mood disorders: **Wednesdays, 7:00 PM.**

Adults' Dual Diagnosis Group

For adults with mood disorders and substance abuse issues:
Thursdays, 7:00 PM.

Adults' Afternoon Group

For adults with mood disorders: **Fridays, 1:00 PM**

St. Francis Medical Center (North)

The following Support Groups are held in the first floor Conference Rooms at St. Francis Medical Center, southeast of Woodmen and Powers Blvd. For directions or cancellations due to bad weather call St. Francis North receptionist at 571-1037 or check local TV station web sites for closings due to bad weather, etc.

Adults' Evening Group - Meeting Room 4

Adults with mood disorders: **Wednesdays, 7:00 PM**

Young Adults and Teens Group*

Meeting Room 5. Ages 15-25 with mood disorders: **Mondays, 7:00 PM**

**Release of Liability required for teens under 18.*

Senior Center

The following support group is held in the John and Catherine Smith Room, at the Senior Center, 1514 N. Hancock. For directions or cancellations due to bad weather call the Senior Center at 955-3400 or check local TV station web sites for closings due to bad weather, etc.

Later Life Group

For older adults with depression or bipolar disorder: **Wednesdays, 12:30 PM**



DBSA Colorado Springs self-help support groups are **free!** You don't have to register, sign up, or pay a dime to attend.

Our support groups offer people an opportunity to share personal experiences and learn coping skills from one another. **Studies have shown that DBSA support groups can indeed help people with mood disorders get back on the road to recovery!**



Mood Disorder Spectrum

Depression

- Prolonged sadness; unexplained crying spells
- Significant changes in appetite and sleep patterns; unexplained aches and pains
- Irritability, anger, agitation, anxiety
- Pessimism, indifference, worry
- Loss of energy, persistent exhaustion
- Feelings of guilt, worthlessness and/or hopelessness; social withdrawal
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests
- Excessive consumption of alcohol or use of chemical substances
- Recurring thoughts of death or suicide (This symptom *alone* indicates the person should see a doctor—regardless of any other symptoms.)

Mania

- Increased physical and mental activity
- Exaggerated optimism and self-confidence
- Grandiose thoughts, inflated sense of self-importance; increased energy
- Excessive irritability, aggressive behavior
- Decreased need for sleep without feeling tired
- Racing speech, racing thoughts
- Reckless behavior such as spending sprees, impulsive decisions, erratic driving and sexual indiscretions; impulsiveness, poor judgment
- In severe cases, delusions and hallucinations
- Denial that anything is wrong

Post Traumatic Stress Disorder (PTSD) Symptom Checklist

1. Bothered by unwanted memories, nightmares, flashbacks, or reminders
2. Loss of enjoyment for things, avoiding people
3. Difficulty experiencing feelings
4. Hypervigilance
5. Dissociative Identity Disorder (DID)
6. Poor sleep, poor concentration, irritability
7. Feeling concerned or untrusting about activities and people
8. Addictive behavior

Steps Toward Recovery

1. Peer Support
2. Professional Therapy
3. Medications as prescribed
4. Healthy Diet
5. Regular Exercise
6. Increase Your Knowledge about Mood Disorders to Help Yourself and Your Family

DBSA Colorado Springs offers the community a free lending Library housing a comprehensive collection of books, videos, DVDs, journals, and articles on dealing with mood disorders.

DBSA Colorado Springs also offers the community free lectures on subjects of interest, and puts out a quarterly newsletter created by our members who share their recovery stories.

Call 719-477-1515 or visit www.DBSAColoradoSprings.org for the latest information.

DBSA Colorado Springs does not provide treatment, but offers a free supplement to medical, pharmacological, and psychotherapeutic treatment.

Free Depression, Bipolar, Anxiety and Post Traumatic Stress Disorder screening can be arranged by appointment. Call DBSA-CS at 719-477-1515

The DBSA Colorado Springs Community Resource Center is near downtown at 2132 E. Bijou Street, Suite 112, Colorado Springs, 80909; 3 blocks east of Union Blvd and ¾ of a mile west of Circle Drive.