COLORADO SPRINGS and PUEBLO SUPPORT GROUP
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 down the hall to DBSA Colorado Springs.
For more directions, call 719-477-1515. Check schools, local TV stations and/or websites for closings.

DBSA-CS Downtown

Veterans’ Group
Open to all active duty, retired, and former military with mood disorders, Confidential—no records!! Mondays, 7:00—8:30pm

Women’s Group
For women with mood disorders: Tuesdays, 11:30am—1:00pm

Young Adults and Teens Group*
Ages 15-25 with mood disorders: Tuesdays, 7:00—8:30pm
*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—8:30pm

Adults’ Evening Group
For adults with mood disorders: Wednesdays, 7:00—8:30pm

Adults’ Dual Diagnosis Group
For adults with mood disorders and substance abuse issues: Wednesdays, Room 233 upstairs, 7:00—8:30pm

Adults’ Afternoon Group
For adults with mood disorders: Fridays, 1:00—2:30pm

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 websites for closings.

Later Life Group
For older adults with depression or bipolar disorder: Wednesdays, 12:30—2:00pm

Colorado Springs
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 websites for closings.

Adults’ Evening Group - Meeting Room 4
Adults with mood disorders: Wednesdays, 7:00—8:30pm

Young Adults and Teens Group*
Meeting Room 5. Ages 15-25 with mood disorders: Mondays, 7:00—8:30pm
*Release of Liability required for teens under 18.

Pueblo, Colorado

The following DBSA-CS support group meets at the Parkview Chemical Dependency Unit, 58 Club Manor Dr., Pueblo, CO, 81008. Directions: From I-25, head west on Hwy 50 (exit 101); left on Club Manor Dr. (approx. 1 mile). Parkview CDU is behind Jack In the Box restaurant.

For directions, or cancellations due to bad weather, call Parkview CDU at 719-595-7891, or check local schools, TV stations, and/or websites for closings.

Pueblo Adults’ Support Group
For adults 18 and older (including seniors) with mood disorders: Mondays, 7:15—8:30pm

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 wellness!

The above free 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 go to: www.DBSAColoradoSprings.org.
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

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**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.