



Find Community.

Find Wellness.

Find Hope.™

DBSA-CS FREE SELF-HELP SUPPORT GROUP MEETINGS, LOCATIONS, & TIMES

WEATHER ALERTS: IF SCHOOL DISTRICTS CLOSE, IN-PERSON MEETINGS WILL BE CANCELLED. CHECK THE OFFICE VOICEMAIL 719-477-1515 FOR MEETING CANCELLATION NOTIFICATIONS

In-Person FREE Self-Help Support Group Meetings Schedule

DBSA-CS Westside

Veterans' Group For individuals with history in the Armed Forces (past or current) or other Uniformed Service and living with mood disorders. **Mt. Carmel Veterans Service Center**, 530 Communication Circle. **Tuesdays, 7:00pm**

Young Adults and Teens Group* Ages 15-25 with mood disorders: **The Sanctuary Church**, 1930 W. Colorado Ave., Park in back and use ramp to enter building. **Release of Liability required for teens under 18.* **Tuesdays, 7:00pm**

Family & Friends Group For family members, including parents, husbands, wives, & friends of people with mood disorders: **The Sanctuary Church**, 1930 W. Colorado Ave. Park in back and use ramp to enter building. **Tuesdays, 7:00pm**

DBSA-CS Central

Dual Diagnosis Group Open to anyone who lives with a mood disorder AND addiction (alcohol, other drugs, shopping, food, gambling, etc.) 5455 N. Union Blvd. **Mondays, 6:00pm**

Womens' Group: For women with mood disorders: Downstairs Peel House Billiards Room, **First Lutheran Church**, 1515 N. Cascade Ave. Entrance next to alley parking area. **Tuesdays, 11:30am**

Seniors' Group For older adults with depression or bipolar disorder: **Colorado Springs Senior Center**, 1514 N. Hancock Ave. Two blocks North of Uintah in the new Senior Center building. **Wednesdays, 12:30pm**

DBSA-CS North

Adults' Group For adults with mood disorders: DBSA-CS Office, 5525 Erindale Drive, upstairs. **Thursdays, 7:00pm**

Virtual DBSA-CS Support Group Meetings

LGBTQIA+ Adults Virtual Group, **Sundays, 4:00 PM**, Online via **Zoom** for individuals 18+ with depression or bipolar disorder who identify as members of the LGBTQIA+ community. VIRTUAL (contact DBSA-CS for Zoom link: 719-477-1515 **OR** www.DBSColoradoSprings.org)

Faith Based Adults Virtual Group, **1st and 3rd Mondays, 7:00pm** via **Zoom** for individuals 18+ with depression or bipolar disorder with a short prayer before and after meetings. We accept the diversity of our racial, sexual, religious, cultural and disorder differences. Visit www.DBSDenver.org to learn more.

The above free Support Groups are offered by DBSA Colorado Springs, an award-winning independent affiliate of the Depression and Bipolar Support Alliance (DBSA). For more information about these groups, call **1-719-477-1515**, or visit **www.DBSColoradoSprings.org**.

Updated April 17, 2026



Find Community.

Find Wellness.

Find Hope.™

DBSA COLORADO SPRINGS 1-719-477-1515

www.DBSAColoradoSprings.org

Mood Disorder Spectrum Depression Symptom Checklist

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

Mania Symptom Checklist

1. Increased physical and mental activity
2. Exaggerated optimism and self-confidence
3. Grandiose thoughts, inflated sense of self-importance; increased energy
4. Excessive irritability, aggressive behavior
5. Decreased need for sleep without feeling tired
6. Racing speech, racing thoughts
7. Reckless behavior such as spending sprees, impulsive decisions, erratic driving and sexual indiscretions; impulsiveness, poor judgment
8. In severe cases, delusions and hallucinations
9. 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 and Wellness

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

Our Values

Peer Focus: We prioritize shared experiences, fostering an environment where individuals inspire and uplift one another.

Acceptance: In our inclusive space, we celebrate diversity, championing understanding, respect, and appreciation for all perspectives.

Freedom: We ensure free universal access to our services, eliminating financial barriers and enabling everyone to participate in their well-being journey.

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

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

The DBSA Colorado Springs Administrative Office is at 5525 Erindale Drive, Suite 253, COS 80918. For information about our self-help support groups and other programs we offer, call 719- 477-1515.