

# DBSA Support Group

## Depression/Bipolar/Anxiety

**When:** From 6:30-8:00, on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month  
with social time from 6:15-6:30.

**Where:** Fair Haven Church in Jenison 2900 Baldwin St.  
Enter Door 'A', Room 410

**Beginning:** Monday, September 20

This group is free and anyone from the community is welcome anytime. Peer led by those who are right where you are. Let's support one another!  
This is a safe, confidential, and non-judgmental group.

**What to expect:** Introduction activities, large and small group discussions, occasional speakers and informational videos.  
Community resource materials available anytime. Led by former teachers.

Questions?

[dbsaottawacounty@gmail.com](mailto:dbsaottawacounty@gmail.com)

616-805-9562



Depression and Bipolar  
Support Alliance

DBSA provides hope, help, support and education to improve the lives of people who have mood disorders.