

Subject: Another DBSA announcement (Meeting time - Thursdays 5:30 to 7:30)

The Depression and Bipolar Support Alliance is a national organization that offers excellent support, resources, recovery oriented information, the latest research on medications and Therapy AND offers these resources to individuals struggling with these mental conditions as well as support to family and friends that support us.

The DBSA Kalamazoo group that meets in Portage on Monday nights has offered support to hundreds of individuals in the last 8 years. Many folks have a difficult time getting to this meeting in Portage since the bus does not stop at Romence & Oakland. Therefore, it's time to form a group in downtown Kalamazoo.

DBSA Metro, will be meeting on the 2nd and 4th Thursdays of each month at the First United Methodist Church on the corner of Park and Academy (right across the street from Bronson Park).

We will meet from 5:30 to 7:30 and have:

- 1) Large group sharing and presentations from both Peers and Professionals,
- 2) focused small group education and support,
- 3) Access to literature and information from the most prestigious and effective support group in the nation for depression and bipolar disorder,
- 4) support for individuals without a mental condition that support those of us blessed with a mental condition,
- 5) National conferences with renowned speakers and educators.

Another DBSA Metro information meeting is being held Tuesday, March 2nd, from 4:00 to 4:30PM at the Recovery Institute. Please come if you can. We need to get the word out about this "Life Saving" support group. If you can't make it, please email me at dwwminer@gmail.com or call (269) 352-4964 and let me know if you are interested.

Our first support group meeting is scheduled for March 11th at 5:30PM and the next one is March 25th at 5:30PM. More than likely, the group will be meeting weekly by May.

For more info, visit: www.dbsalliance.org