

When: From 6:30-8:00, on the 1st and 3rd 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

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.