

DBSA



**FOR PEOPLE LIVING WITH
DEPRESSION & BIPOLAR DISORDER
PATIENT/CONSUMER, FAMILY MEMBER, FRIEND,
OR PARENT OF A CHILD OF ANY AGE WELCOME**

**Depression & Bipolar
Support Alliance
Succasunna**

GROUP INCLUDES

*Peer-Led Support/Rap Groups, Educational Sessions,
Free Literature, Lending Library (Audio/Video/DVD),
Sunshine Club, & Much More. . .*

2009 SCHEDULE OF EVENTS

Schedule subject to change at any time
In case of inclement weather conditions, please call (973) 647-8082

January	February	March	April	<u>Symbol Key</u>
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 <i>Group added</i>	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Support Groups ○ 1st & 3rd Thursday 7:15 pm—9 pm
May	June	July	August	Educationals □ 2nd Thursday 7:15 pm SPEAKERS/TOPICS ON REVERSE →
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Board Meetings ◇ 4th Thursday 7:15 pm MEMBER FEEDBACK WANTED
September	October	November	December	Classes including Living Successfully with a Mood Disorder - Pathways to Recovery To Be Determined
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Mini Facilitator & Buddy Trainings/ Meetings To Be To Be Determined

Location: Temple Shalom (Handicapped accessible building)
215 South Hillside Avenue, Succasunna, NJ 07876
Temple is easily accessible from Routes 10, 206, and 80.

For Additional information: visit www.dbsasuccasunna.org,
call (973) 647-8082 or e-mail info@dbsasuccasunna.org

SEE REVERSE

DBSA Succasunna is a non-denominational non-profit, 501(c)3 affiliate of DBSA

