



Depression and Bipolar
Support Alliance

Princeton
Chapter

“Knowing that I wasn’t going through this alone...
that was my first breakthrough.”

A Place for Hope, Help, and Support

Wellness is possible for the more than 21 million people living with depression and bipolar disorder in the U.S. DBSA Princeton offers a mutual self-help support group where you will connect with inspiration, education, and support from peers who have been there. There is no charge to attend, and walk-ins are welcome.

We’ve Been There, We Can Help

For people who live with mood disorders, support from others is vital to a lifetime of wellness. At DBSA Princeton support group meetings, we share experiences, personal feelings, information, and strategies for living successfully. Groups are free, confidential, and open to people living with depression or bipolar disorder, those who believe they may have one of these mood disorders, and their family members and friends. Join our community of hope, reassurance, and encouragement.

DBSA Princeton Support Group

Date: Second and Fourth Saturdays of the Month Starting
March 11, 2017

Time: 11:00 AM – 12:45 PM

Location: Reach Out/Speak Out Community Wellness Center
2100 E. State Street Extension (at Sculptures Way)
Hamilton, NJ 08619

Notes: Park in the lot to the left of the building, or on the street.
Entrance is through double-glass door in front.

Contact: Katrina 609-378-5371 or dbsaPrinceton@gmail.com

Website: <http://dbsanewjersey.org/princeton>

DBSA Princeton is an independent affiliate of the Depression and Bipolar Support Alliance