



“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

Adults: Every Tuesday, 7:30 PM—9:15 PM

Teen(15+) & First and third Saturdays of the month, 1:00 PM – 2:45 PM

Young Adult Parental consent required for under 18; see website for release form

Location: University Medical Center of Princeton at Plainsboro
One Plainsboro Rd (at US 1)
Plainsboro, NJ 08536

Notes: Park near the Medical Arts Pavilion (lot V4) and enter through the North Entrance (to the left of the Pavilion’s entrance). After entering, walk down to the Education Center corridor on the left. Our Tuesday meeting is in Classrooms 1/2; Saturday’s is in Conference Room D

Contact: Kattrina 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



**Depression and Bipolar
Support Alliance**

**Princeton
Chapter**