

Depression and Bipolar Support Alliance
Washington DC Metro Area Support Group Schedule

www.DBSAlliance.org

We've been there. We can help.

DAY	TIME	LOCATION	CHAPTER & MEETING TYPE	CONTACT (to confirm meeting is active)
MONDAY	7:00 – 8:30 PM 2nd & 4th Mondays	Beltsville, MD Email or Call for Address	DBSA Beltsville Adults with Depression & Bipolar	esmith@ucephei.gsfc.nasa.gov (301) 937-6024 or (301) 937-1157
TUESDAY	7:30 PM Weekly	Centreville United Methodist Church 6400 Old Centreville Road, Centreville, VA 20121	DBSA Northern Virginia Adults with Bipolar Disorder	www.dbsanova.org bipolarhope@dbsanova.org (703) 803-6442
WEDNESDAY	7:00 PM Alternate Wednesdays	Christ Lutheran Church 8011 Old Georgetown Road Bethesda, MD Between Battery Lane & Glenbrook Road	DBSA Montgomery County Adults & Youth with Depression & Bipolar Disorder	www.meetup.com/Depression-and-Bipolar-Disorder gnarlydude@msn.com (240) 401-2764
WEDNESDAY	7:30 PM Weekly	A.J. Ferlazzo Building, Suite 200, Group Room B 15941 Donald Curtis Drive Woodbridge, VA 22191	DBSA Northern Virginia Adults with Bipolar Disorder	www.dbsanova.org woodbridge@dbsanova.org (443) 243-0957
WEDNESDAY	7:30 – 9:00 PM 1st & 3rd Wednesdays	St. Raphael's Parish Hall Falls & Dunster Roads Rockville, MD 20854	DBSA National Capital Area Family & Friends of People with Mood Disorders	feedback@dbsanca-family.org www.dbsanca-family.org (301)299-4255 or (301) 570-9065
THURSDAY	7:00 PM Weekly	First Christian Church 6165 Leesburg Pike, Falls Church, VA 22044	DBSA Falls Church Adults with Depression & Bipolar	anc436@aol.com (703) 354-5104
THURSDAY	7:00 PM Alternate Thursdays	Fairfax Presbyterian Church, Senior High Room 10723 Main Street Fairfax, VA 22030	DBSA Northern Virginia Teens with Bipolar Disorder (13-19)	http://www.dbsanova.org/teens teens@dbsanova.org
THURSDAY	7:00 PM Alternate Thursdays	Fairfax Presbyterian Church, Junior High Room 10723 Main Street Fairfax, VA 22030	DBSA Northern Virginia Loved Ones of People with Bipolar Disorder	www.dbsanova.org/lovedones.html fairfax-lovedones@dbsanova.org
THURSDAY	7:30– 9:15 PM Weekly Latecomers Enter at 8:30 (After Short Break)	George Washington University Hospital 900 23 rd St. NW 6 th Floor, Room 6111 Washington, DC Foggy Bottom Metro Station	DBSA National Capital Area Adults with Depression & Bipolar Speaker Programs on Occasional Thursdays	www.dbsanca.org hello@dbsanca.org (202) 689-1250
THURSDAY	7:30 PM Weekly	Good Shepherd Lutheran Church 7th Street & Taney Avenue, Frederick, MD	DBSA Frederick Adults with Depression & Bipolar	onourownfrederick@xecu.net (301) 620-0555
SATURDAY	3:00 PM Weekly	Northern Virginia Mental Health Institute 3302 Gallows Road, Falls Church, VA 22042	DBSA Falls Church Adults with Depression & Bipolar	anc436@aol.com (703) 354-5104
SATURDAY	3:00-4:45 PM Weekly	Purcellville Public Library, Carruthers Room 220 E. Main Street Purcellville, VA	DBSA Western Loudoun Adults with Mood Disorders & Their Loved Ones	susan@parkerstudios.com kathy@dbsanca.org (703) 431-7160

