

# Connect with others who've been in your shoes



## The Teen Depression and Bipolar Support Group

### What

is a support group?

A support group is where people help each other cope with life's challenges.

Membership is completely free and anonymous.

Our members in several of our support groups share personal experience, support and encouragement.

**caring**

### Who

attends and why?

Life is full of surprises. At one time or another, we all end up in a situation where we could use help or advice from people who know what we're going through. This support group is open to all teens (13-19 years old) who have been diagnosed with major depression or bipolar disorder.

Come connect with people who have been in your shoes.

**coping**

### How

can I become involved?

Email us or simply come to one our meetings, we will be happy to have you join us.

No membership cost or donations are required.

Hope to see you soon!

**helping**

The DBSA of Northern Virginia Teen Support Group provides teenagers with the opportunity to share, learn and grow in a safe, confidential and welcoming environment.

Contact Us

Email: [teens@dbsanova.org](mailto:teens@dbsanova.org)

Website  
<http://teens.dbsanova.org>

### DBSA of Northern Virginia Teen Support Group

**Day:**  
Every Thursday

**Time:**  
7:30 PM

**Location:**  
Fairfax Presbyterian Church  
10723 Main Street  
Fairfax, VA 22030

**Directions**  
[www.fairfaxpresby.com/about/direct.html](http://www.fairfaxpresby.com/about/direct.html)

DBSA-NOVA is affiliated with the



and the



Child & Adolescent Bipolar Foundation