



**Depression and Bipolar  
Support Alliance**

We've Been There. We Can Help.

## **DBSA Greater Milwaukee January – July 2017 Meeting Dates and Calendar of Events**

Support Groups are for anyone who has been diagnosed with depression, bipolar disorder, or mood disorders by a licensed professional. Each discussion group is made up of about 6 members including a trained facilitator. After reading the group guidelines, there is a quick check-in, and then each person has time to address his/her own issues. No one has to speak if they do not want to.

**Meetings are FREE and no pre-registration is necessary.** We do have a sign in sheet upon arrival that is strictly used for end of year statistics. Any information you provide such as first name and last initial is kept confidential. The essential principle of confidentiality MUST be respected by all: "Whatever is said here stays here and whoever is seen here remains confidential".

**Location: Independence First, 540 S. 1st St., Milwaukee, WI**

**When: Every 2nd and 4th Mondays of the month from 6:30-8:30 pm**

Please note that everyone is encouraged to arrive approximately at 6:15 pm to allow time for signing in, getting FREE refreshments and the meeting to begin on time. Be aware that the facility doors are closed at 6:45 pm.

Jan 9	Regular Support Group Meeting & Election of Board Members
Jan 23	Regular Support Group Meeting
Feb 13	Regular Support Group Meeting
Feb 27	Regular Support Group Meeting
Mar 13	Regular Support Group Meeting
Mar 27	Regular Support Group Meeting
Apr 10	Regular Support Group Meeting & Spring Pot Luck
Apr 24	Regular Support Group Meeting
May 8	Regular Support Group Meeting & Milwaukee for Free (free events discussion)
May 22	Regular Support Group Meeting
Jun 12	Regular Support Group Meeting
Jun 26	Regular Support Group Meeting
Jul 10	Regular Support Group Meeting & Annual Summer Picnic
Jul 24	Regular Support Group Meeting

**Website: [dbsa-grm.org](http://dbsa-grm.org)**

**Email: [dbsagrm@aol.com](mailto:dbsagrm@aol.com)**

**Phone: (414) 255-8536**