

**Depression and Bipolar Support Alliance (E
DC Metro Area (DC, MD, VA)
Regional DBSA Support Group Listing**

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| DAY | TIME | LOCATION | CHAPTER / MEETING TYPE | CONTACT <i>(To confirm meeting is active)</i> |
|-----------|--|--|--|---|
| MONDAY | 6:00pm – 8:30pm (1st & 3rd Mondays) | Essex / Baltimore Public Library 1110 Eastern Blvd., Essex, MD 21221 | DBSA-Baltimore County Depression & Bipolar Adults | www.dbsabaltimorecounty.com sabitri@dbsabaltimorecounty.com (410) 238-7970 |
| MONDAY | 7:00pm – 8:30pm (2nd & 4th Mondays) | Beltsville, MD (Email / Call for Address) | DBSA-Beltsville Depression & Bipolar Adults | esmith@ucepei.gsfc.nasa.gov (301) 937-6024 * (301) 937-1157 |
| TUESDAY | 7:00pm – 8:30pm (Every Tuesday) | Sheppard Pratt – Ellicott City, Rotunda Room 4100 College Avenue, Ellicott City, MD 21041 | DBSA-Howard County Depression & Bipolar Adults | www.dbsahowardcounty.org vjones@dbsahowardcounty.org (301)575-6766 |
| TUESDAY | 7:30pm (Every Tuesday) | Centreville United Methodist Church 6400 Old Centreville Rd., Centreville, VA 20121 | DBSA-NOVA Depression & Bipolar Adults | www.dbsanova.org bipolarhope@dbsanova.org (703) 803-6442 |
| WEDNESDAY | 7:00pm (Alternate Wednesdays) | Christ Lutheran Church 8011 Old Georgetown Rd., Bethesda, MD (Between Battery Ln. & Glenbrook Rd.) | DBSA-Montgomery County Depression & Bipolar Adults & Youth | www.meetup.com/Depression-and-Bipolar-Disorder |
| WEDNESDAY | 7:30pm (Every Wednesday) | A.J. Ferlazzo Building - Suite 200, Group Room B 15941 Donald Curtis Dr. , Woodbridge, VA 22191 | DBSA-NOVA Depression & Bipolar Adults | www.dbsanova.org woodbridge@dbsanova.org (443) 243-0957 |
| WEDNESDAY | 7:30pm – 9:00pm (1st & 3rd Wednesdays) | Parish Hall St. Raphael's Church Falls Road & Dunster Road, Rockville, MD 20854 | DBSA-NCA (FAMILY & FRIENDS of people with mood disorders) | feedback@dbsanca-family.org www.dbsanca-family.org (301)299-4255 * (301) 570-9065 |
| THURSDAY | 7:00pm (Every Thursday) | First Christian Church 6165 Leesburg Pike, Falls Church, VA 22044 | DBSA-Falls Church Depression & Bipolar Adults | anc436@aol.com (703) 354-5104 |
| THURSDAY | 7:00pm (Alternate Thursdays) | Fairfax Presbyterian Church, Senior High Room 10723 Main Street, Fairfax, VA 22030 | DBSA-NOVA Depression & Bipolar Teens (TEEN GROUP Age 13 – 19) | http://www.dbsanova.org/teens teens@dbsanova.org |
| THURSDAY | 7:00pm (Alternate Thursdays) | Fairfax Presbyterian Church, Junior High Room 10723 Main Street. Fairfax, VA 22030 | DBSA-NOVA (FAMILY & FRIENDS of people with depression & bipolar) | www.dbsanova.org/lovedones.html fairfax-lovedones@dbsanova.org |
| THURSDAY | 7:30pm – 9:15pm (Every Thursday) <i>Latecomers enter at 8:30pm break</i> | George Washington Univ. Hospital 900 – 23 rd St. NW , 6 th Floor – Room 6111 Washington, DC (Metro Foggy Bottom) | DBSA-NCA Depression & Bipolar Adults (Speaker Programs Occasional Thursdays) | www.dbsanca.org hello@dbsanca.org (202) 689-1250 |
| THURSDAY | 7:30pm (Every Thursday) | Good Shepherd Lutheran Church 7th Street & Tanney Ave., Frederick, MD | DBSA-Frederick Depression & Bipolar Adults | onourownfrederick@xecu.net (301) 620-0555 |
| FRIDAY | 7:00pm – 8:30pm (2nd & 4th Fridays) | Sheppard Pratt - Towson 6501 North Charles Street, Towson, Maryland 21285 | DBSA-Baltimore County Depression & Bipolar Youth (YOUTH GROUP Age 11 – 17) | www.dbsabaltimorecounty.com sabitri@dbsabaltimorecounty.com (410) 238-7970 |
| FRIDAY | 7:30pm – 9:00pm (Every Friday) | Sheppard Pratt Hospital – Sullivan Day Hospital 6501 North Charles Street, Building D, Room D020 Towson, Maryland 21285 | DBSA-Metro Baltimore Mood Disorders Adults | www.onourownbaltimore.org (410) 494-4163 |
| SATURDAY | 3:00pm (Every Saturday) | Northern VA Mental Health Institute 3302 Gallows Rd., Falls Church, VA 22042 | DBSA-Falls Church Depression & Bipolar Adults | anc436@aol.com (703) 354-5104 |
| SATURDAY | 3:00pm (Every Saturday) | Purcellville Library, Carruthers Room 220 E. Main St., Purcellville, VA | DBSA-Western Loudon Depression & Bipolar Adults | susan@parkerstudios.com kathy@dbsanca.org (703) 431-7160 |