

**Depression and Bipolar Support Alliance (DBSA)
DC Metro Area (DC, MD, VA)
Support Group Listing – December 2015**

DAY	TIME	LOCATION	CHAPTER / MEETING TYPE	CONTACT <i>(To confirm meeting is active)</i>
MONDAY	7:00pm – 8:30pm (2nd & 4th Mondays)	Beltsville, MD (Email / Call for Address)	DBSA-Beltsville Depression & Bipolar Adults	judyscatsanddogs@msn.com (301) 937-6024 * (301) 937-1157
TUESDAY	7:00pm (Alternate Tuesdays)	14369 Round Lick Lane Centreville, VA 20120	DBSA-NOVA FAMILY & FRIENDS of people w/ Bipolar	www.dbsanova.org/lovedones.html lovedones@dbsanova.org
TUESDAY	7:30pm (Every Tuesday)	Centreville United Methodist Church, Room #218 6400 Old Centreville Rd., Centreville, VA 20121	DBSA-NOVA Depression & Bipolar Adults	www.dbsanova.org centerville@dbsanova.org
TUESDAY	7:30pm (Every Tuesday)	Springfield Christian Church 5407 Backlick Rd., Springfield, VA 22151 Back Entrance, Lower Level A-104 "Purple Room"	DBSA-NOVA Depression & Bipolar Adults	www.dbsanova.org springfield@dbsanova.org
WEDNESDAY	7:00pm (Every Other Wednesday)	Christ Lutheran Church 8011 Old Georgetown Road, Bethesda, MD	DBSA-NCA Depression & Bipolar Adults & Youth	www.meetup.com/depression-and-bipolar-support
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 - 9:00pm (Every Thursday)	First Christian Church 6165 Leesburg Pike, Falls Church, VA 22044	DBSA-Falls Church Depression & Bipolar Adults <i>(or any mental health diagnosis)</i>	munajaz@hotmail.com (703) 532-8012
THURSDAY	7:00pm – 8:45pm (Every Thursday) <i>Latecomers enter at 8pm break</i>	Foundry United Methodist Church 1500 16th Street, NW, Washington, DC 20036 (16 th & P St. NW)	DBSA- NCA Depression & Bipolar Adults (Speaker Programs Occasional Thursdays)	www.dbsanca.org hello@dbsanca.org (202) 689-1250
THURSDAY	7:00pm - 9:00pm (Every Thursday)	Joe & Fredona Gartlan Center 8119 Holland Road, Alexandria, VA 22306	DBSA-Falls Church Depression & Bipolar Adults <i>(or any mental health diagnosis)</i>	Sister SGC@yahoo.com (571) 432-8640
THURSDAY	7:30pm (Every Thursdays)	Fairfax Presbyterian Church, Senior High Room 10723 Main Street, Fairfax, VA 22030	DBSA-NOVA Depression & Bipolar Teens (13-19)	http://www.dbsanova.org/teens teens@dbsanova.org
THURSDAY	7:30pm (Every Thursdays)	Fairfax Presbyterian Church, Junior High Room 10723 Main Street, Fairfax, VA 22030	DBSA-NOVA (PARENTS OF TEENS with depression & bipolar)	www.dbsanova.org/lovedones.html fairfax-lovedones@dbsanova.org
THURSDAY	7:30pm (Every Thursday)	217 N. Market Street Frederick, MD 21701	DBSA-Frederick Depression & Bipolar Adults	www.onourownmd.org onourownfrederick@xecu.net (301) 620-0555
FRIDAY	1:00pm (1 st Fridays)	On Our Own of Prince George's County 10007 Rhode Island Avenue College Park, MD 20740	DBSA-NCA Depression & Bipolar Adults	www.dbsanca.org http://www.onourownpg.org/DBSA_NCA.html (301) 699-8939
FRIDAY	6:00pm (Every Other Friday)	On Our Own of Montgomery County 434 East Diamond Avenue Gaithersburg, MD 20877	DBSA-NCA Depression & Bipolar Adults	www.oomc.org/ (240) 683-5555
SATURDAY	1:00pm - 3:00pm (Every Saturday)	Calvary United Methodist Church 2315 South Grant St., Arlington VA 22202	DBSA-Falls Church Depression & Bipolar Adults <i>(or any mental health diagnosis)</i>	(703) 521-8555 jwhite8@cox.net
SATURDAY	1:00pm - 3:00pm (Every Saturday)	Embry Rucker Reston Shelter 11975 Bowman Towne Dr., Reston, VA 20190	DBSA-Falls Church Depression & Bipolar Adults <i>(or any mental health diagnosis)</i>	(703) 966-8935 vanessapriest@hotmail.com
SATURDAY	3:00pm - 5:00pm (Every Saturday)	Northern VA Mental Health Institute 3302 Gallows Rd., Falls Church, VA 22042	DBSA-Falls Church Depression & Bipolar Adults <i>(or any mental health diagnosis)</i>	(571) 309-7024 a.nicole.briggs@live.com
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