

**Depression and Bipolar Support Alliance (DBSA)
DC Metro Area (DC, MD, VA)
Support Group Meetings List – August 2018**

DAY	TIME	LOCATION	CHAPTER / MEETING TYPE	CONTACT <i>(To confirm meeting is active)</i>
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DC

THURSDAY	7:00pm – 8:45pm (Every Thursday)	Foundry United Methodist Church (Room B-1) 1500 16th St. NW, Washington, DC 20036	DBSA- NCA Depression & Bipolar, Adults <i>(Occasional Speaker Programs)</i>	www.dbsanca.org hello@dbsanca.org * (202) 689-1250
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MD

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
WEDNESDAY	7:00pm (Every Other Wednesday)	Christ Lutheran Church 8011 Old Georgetown Road, Bethesda, MD	DBSA-NCA Depression & Bipolar, Adults & Youth	www.dbsanca.org hello@dbsanca.org * (202) 689-1250
WEDNESDAY	7:30pm – 9:00pm (1st & 3rd Wednesdays with some exceptions)	St. Raphael's Church (Enter next to flagpole) 1513 Dunster Road, Rockville, MD 20854	DBSA-NCA FAMILY/FRIENDS/LOVED ONES	www.dbsanca-family.org feedback@dbsanca-family.org (301)299-4255 * (301) 570-9065
THURSDAY	7:00pm - 9:00pm (Every Thursday)	Oxon Hill United Methodist Church 6400 Livingston Road, Oxon Hill, MD	DBSA- NCA Depression & Bipolar, Adults	www.dbsanca.org hello@dbsanca.org * (202) 689-1250
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

VA

MONDAY	7:30pm (Every Monday & follows <i>Fairfax County School Holidays</i>)	Oakbrook Church, Basement (Behind Church) 1700 Reston Parkway, Reston, VA 20914	DBSA-NOVA Depression & Bipolar, Adults	www.dbsanova.org/reston reston@dbsanova.org
TUESDAY	7:00pm – 9:00pm (Every Tuesday)	Springfield Christian Church 5407 Backlick Rd. , Springfield, VA 22151	DBSA-Falls Church All Mental Health, Adults	www.dbsafc.org dbsa.fc@gmail.com * (571)723-2327
TUESDAY	7:30pm – 8:45pm (Every Tuesday)	Centreville United Methodist Church, Room #218 6400 Old Centreville Rd., Centreville, VA 20121	DBSA-NOVA Depression & Bipolar, Adults	www.dbsanova.org/centerville centerville@dbsanova.org
WEDNESDAY	2:00pm - 4:00pm (Every Wednesday)	CSB Merrifield, Peer Resource Center, Suite 1-105 8221 Willow Oaks Corporate Dr, Fairfax, VA 22301	DBSA-Falls Church All Mental Health, Adults	www.dbsafc.org dbsa.fc@gmail.com * (571)723-2327
WEDNESDAY	7:00pm (Every Other Wednesday)	Goose Creek Consulting 5675 Stone Rd, Suite 230, Centreville, VA 20120	DBSA-NOVA FAMILY/FRIENDS/LOVED ONES	www.dbsanova.org/lovedones lovedones@dbsanova.org
THURSDAY	6:30pm - 8:30pm (Every Thursday)	Gartlan Behavioral Health Center 8119 Holland Road, Alexandria, VA 22306	DBSA-Falls Church All Mental Health, Adults	www.dbsafc.org sharonmartindbsa@yahoo.com * (703)339-4117
THURSDAY	7:00pm - 9:00pm (Every Thursday)	Thomas Jefferson Library 7415 Arlington Blvd, Falls Church, VA 22042	DBSA-Falls Church All Mental Health, Adults	www.dbsafc.org marie12411@live.com * (703) 532-8012
FRIDAY	7:00pm – 8:30pm (Every Friday)	Bethel Evangelical Lutheran Church 8712 Plantation Ln., B-Wing, Room #B5 Manassas, VA 20110	DBSA-NOVA Depression & Bipolar Adults	www.dbsanova.org/manassas manassas@dbsanova.org
SATURDAY	3:00pm - 5:00pm (Every Saturday)	Northern VA Mental Health Institute 3302 Gallows Rd., Falls Church, VA 22042	DBSA-Falls Church All Mental Health, Adults	www.dbsafc.org marie12411@live.com * (202)590-6274