

SUPPORT GROUPS

Support Groups meeting at Mental Health America of Greater Dallas

624 N. Good-Latimer, Suite 200
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214-871-2420 ext. 118
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WEEKLY SCHEDULE:

| | | |
|------------------|------------------|--|
| MONDAY | 3 – 4:30 PM | Depression and Bipolar Support Alliance (DBSA) |
| | 6 – 7:30 PM | Recovery International (RI) |
| TUESDAY | Open day: | Free to schedule individual appointments to discuss wellness plans with Consumer Program Director |
| WEDNESDAY | 1:30 – 2:30 PM | Schizophrenic Anonymous (SA) |
| THURSDAY | 2 – 3:30 PM | Depression Support Group |
| FRIDAY | 10 AM – Noon | Achievement Through The Arts (ATTA) |
| | 6:30 – 7:30 PM | Dual Recovery Anonymous (DRA) |

Other Groups:

Monthly: “Getting and Staying Mentally Healthy” meets the 2nd Thursday of the month from 7 – 8:30 pm

Bi-monthly: “Spanish DBSA Support Group” meets the 1st and 3rd Mondays of the month from 7 – 8 pm

“Hoarding and Cluttering Support Group” meets the 2nd and 4th Tuesdays of the month from 10 – 11:15 am

Educational Courses:
 (Call for schedule)

Wellness Recovery Action Plan (WRAP)
Mental Health First Aid
 (214-871-2420 ext. 118)

