

SUPPORT GROUPS

Support Groups meeting at Mental Health America of Greater Dallas

624 N. Good-Latimer, Suite 200
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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)

