



# The Depression & Bipolar Support Alliance Boston Chapter

Wednesday Evenings

7:00pm-9:00pm

Monday, Thursday, Friday and Saturday Afternoons

1:30pm-3:30pm

Room 132, DeMarneffe Building

McLean Hospital

DBSA-Boston is a non-profit, peer-run organization led by and for people who experience depression and bipolar disorder, their family and friends.

We provide a safe, welcoming and confidential setting for peers to share their successes and challenges.

Members support each other by fostering hope and compassionate self-care.

We focus on what we can achieve as creative, productive and valued community members, rather than dwell on the limits imposed by others.

For additional information call our office: 617-855-2795

Or check our website:

[www.DBSABoston.org](http://www.DBSABoston.org)

