



## The Depression & Bipolar Support Alliance MGH Downtown Chapter

Thursday evenings  
7:00pm-9:00pm  
Yawkey Building, 4<sup>th</sup> Floor, Suite 4A  
Schiff Conference Room  
Massachusetts General 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)

