



Depression and Bipolar
Support Alliance
Middlesex County
New Jersey

We've been there – We can help



NEW DAYTIME MEETING!!
Depression and Bipolar Support Group
Every Wednesday
12 p.m.– 1:00 p.m.
Moving Forward Self Help Center
35 Elizabeth Ave (Second Floor)
New Brunswick NJ 08901
732-317-3893

Attendance is Free, No registration required.

Family & Friends are welcome to attend.

The support group is intended as an informal forum for education, support and socialization among patients diagnosed with depression, bipolar disorders or related mood disorders, their families and friends, and others interested in learning about the illness and offering support.

DBSA groups are strictly peer-led groups, with no professional involvement as part of regular group meetings. Participation in such groups has been proven to assist in coping with and recovering from mood disorders. Meetings are led by trained facilitators.

The professional advisor for DBSA Middlesex is Dr. David Nathan.

Please email us at middlesex@dbsanewjersey.org for more info,
or visit us at <http://www.dbsanewjersey.org/middlesex>.

Don't have access to computer/email? Just call us toll free at 888-226-6437