

# Our Meetings

All DBSA Online Support Groups are gatherings of peers who assist, encourage, and enable each other in helping themselves. Each participant follows their own unique path to wellness and chooses to make that journey in the company of others headed in the same direction.

- **DBSA Family and Friends Support Group**

The primary participants in this group are family members or friends of individuals diagnosed with a mood disorder or who believe they may have a mood disorder. Those with mood disorders may attend but the topics of discussion will come from the friends and family perspective. The intention of this group is to create a safe space for sharing stories, questions, and concerns that the friends and family may have.

- **DBSA Military Veterans**

The participants in this group are military vets who are diagnosed with a mood disorder or believe they may have a mood disorder. Led by military veteran group leaders, the intention of this group is to create a safe space for sharing military veteran stories, questions and concerns - for this reason, individuals who are not military veterans may NOT attend.

- **DBSA Online Support Group**

The primary participants in this group are people diagnosed with a mood disorder and those who believe they may have a mood disorder.

- **DBSA People of Color**

The participants in this group are members of black communities who are diagnosed with a mood disorder or believe they may have a mood disorder. Led by African American group leaders, the intention of this group is to create a safe space for people of like cultural experience and background to share stories, questions and concerns. For this reason, individuals who are not members of black communities may NOT attend.

- **DBSA Senior Strength**

Dedicated group for individuals 60 and over. Participants receive and give support to other seniors in a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope.

- **DBSA Senior Strength**

Dedicated group for individuals 60 and over. Participants receive and give support to other seniors in a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope.

- **DBSA Senior Strength Spanish Language**

Grupo de apoyo para personas de habla hispana de 60 años o más que viven en las áreas de Chicago y Los Ángeles. Los participantes reciben y brindan apoyo a otras personas mayores en un lugar seguro y acogedor para compartir experiencias, habilidades y ofrecerse mutuamente esperanza.

- **DBSA Senior Strength Spanish Language**

Grupo de apoyo para personas de habla hispana de 60 años o más que viven en las áreas de Chicago y Los Ángeles. Los participantes reciben y brindan apoyo a otras personas mayores en un lugar seguro y acogedor para compartir experiencias, habilidades y ofrecerse mutuamente esperanza.

- **DBSA Young Adult Support Group**

The participants in this group are people ages 18-30 who are diagnosed with a mood disorder or believe they may have a mood disorder. The intention of this group is to create a safe space for sharing the young adult stories, questions and concerns—for this reason, individuals older than this age range MAY NOT attend. DBSA would like to thank Rebecca's Dream for their support of the DBSA Young Adult Online Support Groups - an extension of Rebecca's Dream's ongoing mission to promote awareness and compassion of depression and bipolar disorder as real diseases.

---

- **Female Minority Veterans Peer Support Group**

The primary participants in this group have served in the United States Military or are currently serving in the United States Military who have lived experience with a mood disorder either diagnosed or suspected.