



# Depression & Bipolar Support Alliance Albuquerque Chapter

Peer Support, Education, Advocacy & Outreach. We've been there. We can help.

## Weekly Peer Support Groups for Those Living with the Challenges and Triumphs of a Mental Health Diagnosis

### **Monday Afternoon**

The Coffee Shop  
Room 114  
700 2nd St. NW  
Albuquerque, NM 87102

Support Group  
2:00 PM to 4:00 PM  
On the SE corner of  
Lomas & 2nd

### **Thursday Evening**

The Rock at NoonDay  
2400 2nd St. NW  
Albuquerque, NM 87102  
Just south of Menaul & 2nd

Doors Open  
at 6:30 PM  
Support Group  
7:00 PM to 8:30 PM

- Accessible Parking at All Locations.
- Accessible Facilities at All Locations.
- Accessible First Floor Entrance at All Locations.
- Support Groups Meet on First Floor; No Stairs or Elevators.
- Located Near Convenient Public Transportation Routes.

For More Information

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

505.288.1322 - [info@DbsaAlbuquerque.org](mailto:info@DbsaAlbuquerque.org)