



## Depression and Bipolar Support Alliance

Feeling down?

Feeling sad? Feeling withdrawn?

Feeling depressed?

Good Days & Bad Days?

You're not alone.

We are here to support each other.

We meet the 2<sup>nd</sup> Tuesday of each month.

5:00 pm – 6:00 pm

All meetings are confidential.

### Meeting Dates for 2023

January 10<sup>th</sup> @ 5pm

February 14<sup>th</sup> @ 5pm

March 14<sup>th</sup> @ 5pm

April 11<sup>th</sup> @ 5pm

May 9<sup>th</sup> @ 5pm

June 13<sup>th</sup> @ 5pm

July 11<sup>th</sup> @ 5pm

August 8<sup>th</sup> @ 5pm

September 12<sup>th</sup> @ 5pm

October 10<sup>th</sup> @ 5pm

November 14<sup>th</sup> @ 5pm

December 12<sup>th</sup> @ 5pm



The Pointe 259 Seneca Street Oil City, PA 16301

Questions? (814) 676-1009