

MOOD DISORDER SUPPORT GROUP

HAVE YOU BEEN DIAGNOSED WITH A MOOD DISORDER?

IF SO, YOU ARE NOT ALONE.



WE OFFER A PEER-TO-PEER MUTUAL SELF-HELP SUPPORT GROUP FOR THOSE WITH MOOD DISORDERS LIKE: BIPOLAR DISORDER, MAJOR DEPRESSIVE DISORDER, GENERALIZED ANXIETY DISORDER, PTSD, etc.

OUR GOAL IS TO PROVIDE SUPPORT TO EACH OTHER SO THAT WE CAN ESTABLISH AND MAINTAIN WELLNESS. THERE IS AMPLE TIME FOR MEMBERS TO EXPRESS CONCERNS.

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT OUR GROUP, PLEASE CONTACT MARGARET AT (405) 570-7508. WE MEET EVERY THURSDAY NIGHT FROM 7:00 TO 8:30.

NOTE: THIS GROUP IS NOT A SUBSTITUTE FOR PSYCHOTHERAPY, COUNSELING OR DRUG AND ALCOHOL INTERVENTION. WE ARE NOT AFFILIATED WITH ANY ORGANIZATION.