

Support Groups



WEEKLY SCHEDULE

Updated 7/24/2018

MONDAY	2 – 3:30 pm	Depression and Bipolar Support Alliance (DBSA)
TUESDAY	10 – 11:30 am	Recovery International (RI)
2 nd and 4 th Tuesdays of the month	10 – 11:30 am	Hoarding and Cluttering Support Group
WEDNESDAY	2 – 3:30 pm	Taking Care of You
THURSDAY	2 – 3:30 pm	Depression Support Group
FRIDAY	10 am – Noon	Achievement Through The Arts (ATTA)

**Support Groups at MHA are offered at no cost. No reservation is needed, and all are welcome to join us.
WE LOOK FORWARD TO SEEING YOU!**

Support Groups 2018 Meeting at MHA Dallas

SUPPORT GROUP

WORKBOOK/STRUCTURE USED

Monday

Depression and Bipolar Support Alliance

dbsalliance.org

Uses workbooks authorized by the DBSA, such as *Pathways to Recovery* by Priscilla Ridgway, and group discussion to learn how to live well while dealing with depression or bipolar disorder.

Tuesday

Recovery International

recoveryinternational.org

Uses a four step self-help method to manage behavioral health concerns, based on the works of Dr. Abraham Low, which include *Mental Health Through Will Training* and *Manage Your Fears, Manage Your Anger*.

2nd and 4th

Hoarding and Cluttering

Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding by David F. Tolin, Randy O. Frost, Gail Steketee

Wednesday

Taking Care of You

Uses *Seeking Safety*, 20-week course on resilience skills for those dealing with post-traumatic stress disorder (PTSD), substance use disorder, and other mental or behavioral health issues.

Thursday

Depression Support Group

Supports wellness, resiliency and recovery through books based on scientific evidence. Uses *The Mindful Path to Self Compassion* by Christopher Germer.

Friday

Achievement Through The Arts (ATTA)

Meetings are structured for support, but also as business meetings to help artists sell their work and to plan exhibits throughout the Dallas area. ATTA envisions our community supporting art as a means of recovery through self-expression in a stigma-free environment.