



A Guide for First-Time Visitors

Welcome to **DBSA-GC** Support Groups. We are happy that you are here (or thinking about becoming a regular attendee). This experience should be of benefit to you. It is important that you know you are not alone. Many other people have mood disorders and we find that sharing & caring really does help.

A support group is what you make of it. For some, it may take longer to commit to participate. You do not have to speak at any of the meetings until you are ready. Confidentiality is a given for those attending. What you hear is for the group's benefit and is not to be shared outside the meeting. This implied promise is what helps people open up.

You may not always agree with another person's opinion and that is okay. However, you must be respectful of all the participants.

Please fill out the contact card if you would like to sign up for ***The Spectrum***. We can send you our bi-monthly publication which includes 2-month calendar of our scheduled events and articles of interest. You will receive 3 issues bi-monthly and it is our hope that you will become a paying member and help us expand our programs. If unable, let us know and you will continue receiving ***The Spectrum***.

DBSA-GC is a 501(c)3 nonprofit organization. To support our mission, we are asking that you make a donation. This is strictly voluntary! If you can, whatever you can, it is greatly appreciated.