

# Depression and Bipolar Support Group Starting at PPRC



Petaluma Peer Recovery Center is starting a depression and bipolar support group. If you or a loved one is struggling with a mood disorder and would like the peer support of others like yourself, you are invited to join us. We will be meeting on the second and fourth Wednesday of the month at 10:30am - 11:30am. We meet at Petaluma Peer Recovery Center in the group room.

**Location:** Petaluma Peer Recovery Center

5350 Old Redwood Highway, Suite 600, Petaluma, 94952 CA

**Time:** 10:30am - 11:30am

**Dates:** Second and fourth Wednesday of the month

- January 9<sup>th</sup> and 23<sup>rd</sup>
- Feb 13<sup>th</sup> and 27<sup>th</sup>
- March 13<sup>th</sup> and 27<sup>th</sup>
- April 10<sup>th</sup> and 24<sup>th</sup>
- May 8<sup>th</sup> and 22<sup>nd</sup>
- June 12<sup>th</sup> and 26<sup>th</sup>
- July 10<sup>th</sup> and 24<sup>th</sup>
- Aug 14<sup>th</sup> and 28<sup>st</sup>
- Sept 11<sup>th</sup> and 25<sup>th</sup>
- Oct 9<sup>th</sup> and 23<sup>rd</sup>
- Nov 13<sup>th</sup> and 27<sup>th</sup>
- Dec 11<sup>th</sup> and ~~25<sup>th</sup> - Christmas Day - No Group~~

Contact: Carol West  
Peer Support Coordinator

<https://petalumaprp.wordpress.com/>

707) 565-1299