LETS HEAR IT FOR SUPPORT GROUPS

When it comes to recovering from a mood disorder, attending a support group may be one of the most important treatment tools available. I make this statement based upon years of group participation and observation that those suffering from bipolar, depression, anxiety and other related illnesses all seem to increase their chances of recovery if they regularly attend a support group as a part of their treatment program.

Another positive observation is that those with mood disorders have their chances for recovery increase all the more when their companions, family members or caregivers also attend a group established to help them in their complicated yet very necessary work.

Many professionals who have studied brain illnesses and specialize in their treatment are in agreement about the overall benefit of support group involvement. In addition to taking someone out of isolation and allowing them to understand that others are going through the same or similar difficulties, they will hear about what has proved helpful in managing such illnesses. Those of us who regularly attend a support group come to accept that having a mood disorder is a condition that many have and there is no reason to feel embarrassment, shame or anything else, a very important beginning step toward eventual recovery.

Support groups for companions and families are every bit as important and beneficial as they are for someone with a brain illness. They provide an opportunity to meet with others who have loved ones with similar disorders and have learned what has worked for them (and what hasn’t) in guiding their loved one toward recovery. By learning how to handle circumstances with greater confidence and wisdom, both the companion and the loved one can better understand together how mood disorders can be effectively managed.

As you and your loved one gain greater confidence by each of you regularly attending your respective support group meetings, you both can apply the techniques and tools you are learning in those meetings and come to smile at what use to be adversity… and even sometimes laugh at it. Jerry Malugeot

MISSION

To provide peer to peer hope, help and support. To foster recovery in the lives of people living with depression, bipolar, and other mental health disorders.
Calendar of Events

Please mark these dates on your calendar

April
2nd, 9th, 16th, 23rd, 30th - Creative Expressions 6:00 at the office
10th - Pizza/Game Night 5:00 PM at the office
11th - Hispanic Health Fair
15th - Summit 5:00 PM at the office
17th - Education Night 5:00 PM at the office
23rd - OCARTA Day at the Capitol
24th - Free Movie Night 5:00 at the office
26th - OKC Memorial Marathon
29th - COA Day at the Capitol

May
Mental Health Awareness Month
2nd - DBSA Walk location to be announced
7th, 14th, 21nd, 28th - Creative Expressions 6:00 at the office
15th - Pizza/Game Night 5:00 at the office
23rd - Education Night 5:00 at the office
25th - Memorial Day—Office Closed
29th - Free Movie Night 5:00 at the office

June
6th - DBSA Walk location to be announced
4th, 11th, 18th, 25th - Creative Expressions 6:00 at the office
12th - Free Pizza/game Night 5:00 at the office
17th - Summit 5:00 PM at the Office
19th - Education Night 5:00 at the office
20th - NAMIWALKS
26th - Free Movie Night 5:00 at the office

Laughter is the Best Medicine

READ THIS OUT LOUD!
- this is this cat.
- this is cat.
- this is how cat.
- this is to cat.
- this is keep cat.
- this is an cat.
- this is idiot cat.
- this is busy cat.
- this is for cat.
- this is forty cat.
- this is seconds cat.

Life is too short to be serious....Laugh it out

NOW GO BACK AND
READ THE THIRD
WORD ONLY IN EACH
LINE FROM THE START.
I am here …

to listen... not to work miracles.
to help you discover what you feel ... not to make feelings go away.
to help you identify your options... not to decide for you what you want to do.
to discuss steps with you... not to take the steps for you.
to help you discover you own strength... not to rescue you and leave you still vulnera-
table.
to help you learn to choose ... not to make it unnecessary for you to make difficult
choices.

... to provide support for change.

Important DBSA Announcements:

We are looking for people or business who want to advertise in our newsletter. Spread
the word that DBSA will put your ad in our newsletter for only $25.

With our new office space, we now have room for 4 volunteers at a time. If you have
time and would like to volunteer to help with various office tasks just call us at 405-
254-3994

Do you know of a single mom, senior citizen, person with disabilities or anyone who
might like to hire someone to help out with small chores around the house or yard? If
so, just call us and learn how we can partner together to get the work done.

If you are interested in taking the PRSS (Peer Recovery Support Specialist) training,
DBSA will sponsor you and pay the registration fee.

Anyone interested in creating a WRAP (Wellness Recovery Action Plan)? We have a
certified WRAP trainer that can help you create your own personal recovery action
plan.
It is easy to become a member or a donor.

The Depression and Bipolar Support Alliance of Oklahoma (DBSA-OK) is active in advocating, educating, empowering, and providing hope and support for people affected by mental illness. We work with people with mental illness and their caregivers.

DBSA was established 30 years ago. We have helped 10’s of thousands of people on their road to recovery.

☐ New Member Registration
☐ Membership Renewal
☐ Donation

All information will be held in strictest confidence.

NAME: ______________________________ Address: ______________________________
City/St: ______________________________ ZIP: _________________________________
Email: ______________________________
Phone: ______________________________

Consumer** Family/Friend $25
Professional $50 DBSA Sponsor $250
Corporate Sponsor $500

**membership is free for consumers; however we appreciate whatever you can give

Donation in memory of: ______________________________

Payable to: DBSA-OK
3000 United Founders Blvd Ste 104
Oklahoma City, OK 73112

DBSA is a non-profit 501(c)3 and all donations are tax deductible.
Executive Directors Report  
Jan 1—March 31

1. March 1st we moved to a larger office space in the same building, suite 104.
2. DBSA now has space for 4 volunteers.
3. We are looking for more opportunities to make the public aware of DBSA.
4. We had 2 Board Meetings.
5. We made 2 presentations at the PRSS classes.
7. We sent representatives to 3 Coffee Chats at the Capitol.
8. We started planning the next OKRA conference in September.
9. We are training two volunteers for PRSS training.
10. We continue to have monthly social activities: Pizza/Game night, Movie. Creative Expressions (art), and Education night. Please call the office for more details.
<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact 1</th>
<th>Phone</th>
<th>Contact 2</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altus</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Church 2501 Park Ln</td>
<td>Erica</td>
<td>580-318-7777</td>
<td></td>
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<tr>
<td>Bethany</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Bethany Church 3301 N Rockwell</td>
<td>Cynthia</td>
<td>405-639-9623</td>
<td>Iva</td>
<td>405-373-0059</td>
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<tr>
<td>Edmond</td>
<td>Saturday</td>
<td>3:00 PM</td>
<td>Edmond Public Library</td>
<td>Charlie/ Michelle</td>
<td>405-745-3270</td>
<td>Sheila</td>
<td>405-844-2444</td>
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<tr>
<td>El Reno</td>
<td></td>
<td></td>
<td>1st Christian Church 400 S Barker</td>
<td>Iva</td>
<td>405-373-0059</td>
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<tr>
<td>Guthrie</td>
<td></td>
<td></td>
<td>1st Presbyterian 102 E. Noble Ave</td>
<td>Shayla</td>
<td><a href="mailto:Monett.dodge@gmail.com">Monett.dodge@gmail.com</a></td>
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<tr>
<td>Holloway Group</td>
<td></td>
<td></td>
<td>6613 N Meridian</td>
<td>Office</td>
<td>405-603-8450</td>
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<tr>
<td>Lawton</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Lawton Public Library</td>
<td>John</td>
<td>580-483-4942</td>
<td>Laura</td>
<td>580-536-1251</td>
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<tr>
<td>Midwest City</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Eastside Church 916 S. Douglas</td>
<td>Diane</td>
<td>405-889-0753</td>
<td>Ron</td>
<td>405-821-5281</td>
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<tr>
<td>Norman</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>McFarlin Methodist Church Room 229</td>
<td>Diane/Ricky</td>
<td>405-503-1948</td>
<td>Jack</td>
<td>405-314-7315</td>
</tr>
<tr>
<td>OKC - MHAO Drop-in Center</td>
<td>Saturday</td>
<td>3:00 PM</td>
<td>1311 N Lottie</td>
<td>Jimmy</td>
<td>405-418-4119</td>
<td></td>
<td></td>
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<tr>
<td>OKC - All Souls</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>All Souls Episcopal 6400 N Penn</td>
<td>Jimmy</td>
<td>405-418-4119</td>
<td>Regan</td>
<td>405-910-3488</td>
</tr>
<tr>
<td>OKC - Crossings Church</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Crossings Church 14600 N. Portland</td>
<td>Cathie/Mike</td>
<td>405-216-3189</td>
<td>Thomas/April</td>
<td>405-330-3873</td>
</tr>
<tr>
<td>OKC - OCARTA Drop-in Center</td>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>2808 NW 31st</td>
<td>Lyndon</td>
<td>405-812-4580</td>
<td>Brandi</td>
<td>405-848-7555</td>
</tr>
<tr>
<td>OKC - State Office</td>
<td>Wednesday</td>
<td>12:00 PM</td>
<td>3000 United Founders Blvd Suite 104</td>
<td>Sondra</td>
<td>405-473-7942</td>
<td>George</td>
<td>405-413-7778</td>
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<tr>
<td>Purcell</td>
<td></td>
<td></td>
<td>1st Baptist Church 400 W Main Rm101</td>
<td>Betty Stoll</td>
<td>405-867-4907</td>
<td>LaDonna</td>
<td>405-837-1533</td>
</tr>
<tr>
<td>Seminole</td>
<td>Every Other Tues</td>
<td>3:00 PM</td>
<td>Seminole Library 424 N Main</td>
<td>Theresa</td>
<td>584-9666 380-4118</td>
<td>Ricky/Monique</td>
<td>525-4119</td>
</tr>
<tr>
<td>Stillwater</td>
<td>Tuesday</td>
<td>7:30 PM</td>
<td>First Presbyterian Church</td>
<td>Don</td>
<td>580-307-4697</td>
<td>Bob</td>
<td>918-285-1233</td>
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<tr>
<td>Tulsa</td>
<td></td>
<td></td>
<td>DUI School 7950 E 41st Street</td>
<td>Larry</td>
<td>918-809-1152</td>
<td></td>
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<tr>
<td>Yukon</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Church 601 Maple</td>
<td>Cheryl</td>
<td>405-354-5650</td>
<td>Renee/Kay</td>
<td>405-209-7477</td>
</tr>
</tbody>
</table>

Temporarily Closed: OKC South Side, UCO
New Groups Coming Soon: Boley, Kingfisher, Shawnee, OK University

The phone numbers listed are personal numbers of DBSA Volunteers. Please be considerate of the time and day you call. These phone numbers are NOT crisis numbers. **If you have an emergency dial 911.**
Put your business card here.

Call us at 405-254-3994 to see what we can do.