

SUPPORT GROUPS

Support Group meetings at Mental Health America of Greater Dallas

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WEEKLY SCHEDULE:

MONDAY	2 – 3:30 PM	Depression and Bipolar Support Alliance Group
TUESDAY 2 nd and 4 th of the month	10 – 11:15 AM	Hoarding and Cluttering Support Group
TUESDAY	10 – 11:30 AM	Recovery International
THURSDAY	2 – 3:30 PM	Depression Support Group
FRIDAY		Achievement Through The Arts (ATTA) Part of ATTA's mission is to educate, motivate, and empower artists with mental illness.
	9 – 10 AM	Drama/Writers Group
	10 AM – Noon	Core Group

Educational Courses:

“Wellness Recovery Action Plan” (WRAP) Course

WRAP can be used by anyone who wants to create positive change in the way they feel, or increase their enjoyment of life.

“Mental Health First Aid” (MHFA) Course

MHFA teaches members of the public how to respond in a mental health emergency and offer support to someone who appears to be in an emotional distress.



For more information call MHA-Dallas at 214-871-2420 ext. 118 or e-mail at raguilar@mhadallas.org