

DBSA Orange County is a self-help organization for people diagnosed with depression or bipolar disorder.  
Two types of meetings are offered: 1) Monthly educational meetings and 2) Weekly support group meetings.

## Depression and Bipolar Support Alliance Orange County Educational Meeting Schedule

Every 3rd Monday (except August & December) — 7:30 p.m. (7:00 p.m. Refreshments)

Sister Frances Dunn/Northeast Building, 2nd Floor, Classroom 1  
St. Joseph Hospital is at 1100 West Stewart Drive, Orange, CA 92868  
(near the corner of Main and La Veta)

**September 19, 2011 “Depression: Neuroscience and Treatment Update”** By Clayton Chau, M.D., Ph.D, FABHP; Director, Orange County Health Care Agency, Behavioral Health, Center of Excellence in Education, Training, Research and Advocacy for Reducing Health Disparities since 2010; Associate Medical Director, Orange County Health Care Agency, Integrated Services and Recovery since 2005; Assistant Clinical Professor of Psychiatry at UC Irvine School of Medicine

**October 17, 2011: “Hope for the Future: Living Successfully with a Mental Illness”**  
By Steve Bush, MSW, Pacific Clinics; and graduates who will tell their stories.

**November 21, 2011: “Before During and After Pregnancy in Bipolar Disorder”** By Vinayak Shanbhag, M.D.; Chairman of the Department of Psychiatry at St. Joseph Hospital, Private Practice in Orange since 1990.

### Support Group Schedule

ALL GROUPS MEET WEEKLY UNLESS STATED OTHERWISE

#### TUESDAY

##### St. Jude Hospital, Fullerton

7 to 9 p.m. (Patients\* and Family)  
101 E. Valencia Mesa, Fullerton 92835  
(Bastanchury and Harbor).

Meeting held in Room 2, on 3<sup>rd</sup> floor of The Erickson Building  
(just past the Hospital Chapel near the old main entrance)

##### St. Joseph Hospital of Orange

7 to 9 p.m. (Patients\* only)  
1100 W. Stewart Drive, Orange 92868 (Near Main and La Veta)  
Northeast/Sister Francis Dunn Bldg. (B), 2nd Floor, Room 1

##### St. Joseph Hospital of Orange

SUPPORT FOR TRANSITIONAL YEARS (18-30)  
7 to 9 p.m. (Patients\* only)  
1100 W. Stewart Drive, Orange 92868 (Near Main and La Veta)  
Northeast/Sister Francis Dunn Bldg. (B), 2nd Floor, Room 3

#### THURSDAY

##### St. Joseph Hospital of Orange SPANISH SPEAKING GROUP

The Spanish meeting has been temporarily discontinued.  
But we hope to start it back up. – Look for an announcement in the next issue of the RCT (Scheduled to Mail December 1, 2011).

##### St. Joseph Hospital of Orange

DUAL DIAGNOSIS GROUP  
7 to 9 p.m. (Patients\* only)  
1100 W. Stewart Drive, Orange 92868 (Near Main and La Veta)  
Sister Elizabeth Bldg. (T), 1<sup>st</sup> Floor, Conference Room 4

##### Mission Hospital, Laguna Beach

(Formerly named South Coast Medical Center)  
7 to 9 p.m. (Patients\* and Family)  
31872 Pacific Coast Highway, Laguna Beach, 92651  
(See Lobby Receptionist for Room Location)

#### SATURDAY

##### St. Joseph Hospital of Orange

10 a.m. to 12 noon (Patients\* only)  
1100 W. Stewart Drive, Orange 92868 (Near Main and La Veta)  
Northeast/Sister Francis Dunn Bldg., (B) 2<sup>nd</sup> Floor, Room 1

##### Huntington Beach Medical Center Hospital

10 a.m. to 12 noon (Patients\* and Family)  
17772 Beach Blvd., Huntington Beach 92647  
(Between Slater and Talbert)  
Basement Cafeteria Conference Room

**FAMILY SUPPORT GROUP** — Meets Monthly First Saturday of the Month

##### Huntington Beach Medical Center Hospital

1 to 3 p.m. (Family\*\* and Caregivers only)  
17772 Beach Blvd., Huntington Beach 92647  
(Between Slater and Talbert)  
Basement Cafeteria Conference Room

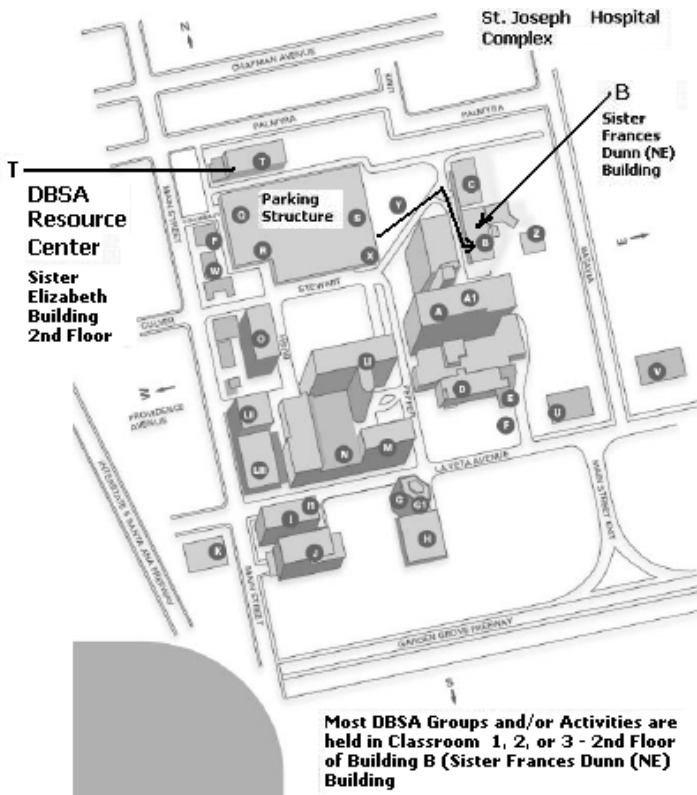
\* A Patient is defined as an adult over 18, diagnosed with depression or bipolar disorder, under the outpatient care of a physician. Patient DOES NOT mean that you are or must have been a Patient in any of the facilities where we hold DBSA meetings.

\*\* A Family member is defined as an adult over 18 who is providing guidance and support to a patient. Only family members and caregivers may attend the monthly Family Support Group; no patients or children, please. Thank you.

There is no cost to attend education or group meetings.

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This annotated Map for the St. Joseph Hospital Complex in Orange shows the current meeting locations (B or T) relative to the complex parking structure. We will be adding Maps for the other facilities at a later date.



Note: A larger copy of this map can be obtained from the St Joseph Hospital Internet Website <http://www.sjo.org/documents/1/12701StJoMap.pdf>