

HOPE

HELP

HEALING

ENCOURAGEMENT

DBSA

(Depression Bipolar Support Alliance)

Pinyon Ridge Chapter

**MEETS EVERY MONDAY AT 6:30 PM
510 SOUTH SECOND STREET
MONTROSE, CO**

**FOR INFORMATION ON THIS SUPPORT GROUP
PLEASE CONTACT:**

Kelly at The Center for Mental Health
Office of Member and Family Affairs at
970-252-3201 or khause@midwestmhc.org



**You have the power to change
anything, because you are the one who
chooses your thoughts and you are the
one who feels your feelings.**

~ **Unknown**