



The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

VOL. 22 NO. 2 Out of darkness . . . February 2010

Dates to Remember

CARE & SHARE GROUPS

Clients, guests and professionals are invited to come and participate. Riverside County Mental Health Administration Building (see page 9 for address & map)

**Every Saturday
10:00 am - 12 noon**

February 6, 13, 20 & 27

Web Site for DBSA, Riverside:

<http://californiadbbsa.org>
E-mail for DBSA, Riverside:
dbbsaofriv1@aol.com

E-mail for DBSA, California:
dbbsaofca1@aol.com

Meetings start promptly at 10 am. Do yourself a good turn: Be on time...visit with friends before the meeting. If you come late, please enter quietly.



Directions to Jo Ann Martin's Home

Exit 91 Frwy at Van Buren. Go south 4.2 miles on Van Buren to Whispering Spur. Turn left.



2nd driveway on the right

16280 Whispering Spur
Riverside, CA 92504
951 / 780-3366

Experiential Therapies Eye Movement Desensitization and Reprocessing (EMDR)

Summary by Mark H.

The speaker at our educational meeting on November 24, 2009, was P. J. Hruby, Ed. D., from Labyrinth Counseling Center in Naperville. Labyrinth specializes in the treatment of trauma and anxiety disorders, including Post Traumatic Stress Disorder (PTSD). For more information call 630-305-5702 or visit www.LabyrinthCounseling.com

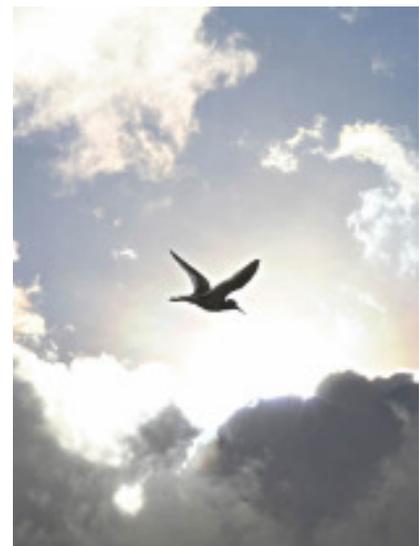
As our speaker explained, depression and anxiety are often triggered by a traumatic event. The depression and anxiety are really the outward signs of an underlying trauma. So if you can help someone heal from the trauma, then you can help alleviate their depression and anxiety.

Standard talk therapy has been clinically proven to be very helpful for many people. But talk therapy only deals with the front or left part of a person's brain — the thinking and speaking part of the brain.

Traumatic experiences tend to shut down the thinking part of the brain, and instead involve powerful images, emotions and sensations which are more closely related to the back or right side of a person's brain.

That led to the development of experiential therapies. They help address both the thinking side and the sensory side of the brain. Examples of experiential therapies include: guided imagery, creative visualization, hypnotherapy, art/music/poetry therapy, movement/dance therapy, and EMDR (Eye Movement Desensitization and Reprocessing).

What is EMDR? It is a physiologically based therapy that helps a person see disturbing material in a new and less distressing way. It targets many aspects of emotional difficulties including: negative beliefs, emotional states, physical sensations, smells, sights, sounds, etc.



Continued on Page 3 (EMDR)

a note from the Editors

We invite you to submit material for review and possible publication in the newsletter. Your articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

Articles, poetry and/or drawings can be on anything pertaining to your personal experiences with depression and/or bipolar disorder; what it is to live and cope with it; what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to: The Thermometer Times
% Jo Ann Martin
16280 Whispering Spur
Riverside, CA 92504

E-mail it to: joanmartin1@aol.com

FAX to: 951/780-5758

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through *The Thermometer Times*.

Thank you.
The Editors

MOVIE NIGHT AT JO ANNS*

2nd and 4th Tuesday of February

6:30 PM

Tuesday, February 9

Fly away Home

Jeff Daniels and Anna Paquin star in a soaring adventure by learning what family is all about when they adopt a flock of geese and teach them to fly. This will give you inspiration!

Tuesday, February 23

Tootsie

Dustin Hoffman and Jessica Lange star in this laugh-out-loud comedy as Michail Dorsey (Dustin) plays the role of a lifetime. don't miss this hilarious show.

Enjoy pizza and friends!

*See page one, left lower corner for directions to Jo Ann's home.

The Thermometer Times 16280 Whispering Spur Riverside, CA 92504 (951) 780-3366

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American Board of Psychiatry

and Neurology

Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

Riverside Suicide Crisis Help Line

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at

www.suicidepreventionlifeline.org

EMDR (Continued from page 1)

Why does EMDR work? Because traumatic experiences disrupt the normal way that a brain processes information, they can get “frozen” inside a person’s mind. They can manifest as intrusive thoughts, painful emotions, unkind beliefs about oneself, and unpleasant body sensations (e.g. panic, clenched teeth, pounding heart rate, upset stomach, etc). EMDR helps “unfreeze” the trauma so it can be reprocessed in a safe and healthy way.

EMDR can be powerfully helpful if used purposefully and safely. But because it involves “unfreezing” and reprocessing trauma, it is essential for a person to have a lot of support, tools, and resources in place first. It is essential for a person to be safe physically, to have a mental Safe Place, and to have a mental Container to use for self-calming.

Dr. Hruby led us through an exercise and she gave us information about a Safe Place and Container as described below.

A Safe Place:

The concept of creating a Safe Place or sanctuary spot is for you to have a mental image of surroundings which help you feel comfortable, safe and relaxed. The place can be out in nature or in a room.

It can be somewhere you’ve been, where you’d like to go, or to a place you create that’s all your own.

To begin, close your eyes and begin to imagine your Safe Place. Use all your senses — notice what you see, hear, smell and feel as you walk, stand or sit. Notice the safety in this place and how it feels to be there — peaceful, relaxed, serene, safe, and pleasant. Notice where the positive feelings are in your body and what sensations you are experiencing.

You can continue to modify your Safe Place as needed. This technique can be used regularly as a way to self-soothe. The more you practice using it, the easier it will be to access it when you are experiencing stress, overwhelm, or discomfort.

A Container: A Container is a mental image of a box, chest, or any kind of image that can contain or hold any troublesome material, emotions, people, etc. that may create excess stress, overwhelm, or discomfort.

The container should have a passage-way that allows you to put material into and take out of the container. It should

allow you to take out only as much or as little as you want, while leaving the rest inside.

Take a moment to construct your container. Notice how it feels (emotionally, physically, etc.) knowing that all or most of your problems have been contained. Practice using your container whenever you feel stressed. When you decide to address an issue, you can target any or all of it, choosing which parts to remove and work on, and also put back any unfinished portions at the end.

Once a person has a **Safe Place** and **Container**, then they can work with a Certified EMDR Therapist to identify the following. Visit www.emdria.org for more information

1. What was the worst part of the traumatic experience?
2. What negative beliefs came from that?
3. What feelings arise as you think of the experience?
4. How intense are the feelings, and where do you feel them?

5. Identify a positive thought, e.g. “I did the best I could.” Rate how much you believe it.

6. Reprocess the experience by utilizing eye movements or shoulder tapping which stimulate both sides of the brain.

7. Let your mind go where it needs to go,

let your body and feelings finish processing the trauma that was once frozen inside.

8. The reprocessing is continued until the negative thoughts and trauma are no longer as vivid or troublesome, and a person has more confidence in the positive statements about themselves and the situation. Then future processing can be done to define how you want the future to be and to physiologically establish positive thoughts and beliefs.

*Source: Newsletter of
DBSA - Fox Valley
Winter 2010*



“Contentment is not the fulfillment of what you want,
But the realization of how much you already have.”

-----Anonymous

Depression as a spiritual journey

Stephanie Sorrell, author of a new book on the spiritual dimensions of recovery from depression, describes her own pathway away from 'annual darkness'

When I was 17 years old I had my first experience of depression. There was no reason for this as, before, I was an active sporty teenager who had just left school and was looking forward to a career in nursing.

This bout of debilitating depression was severe and relentless; lasting 3-4 months where I couldn't sleep or eat, and where my strong will was eclipsed by a sense of powerlessness. I was plagued by suicidal thoughts and felt unable to continue working.

Consequently, I left my career, thinking the depression was due to making a wrong choice and found a certain amount of relief in writing. As depression made me feel cut off from the strong sense of the Divine I had always experienced, being creative and in touch with nature gave my life some sort of meaning and purpose.

By mid-summer that same year, I experienced a sense of euphoria and union with that spiritual presence that seemed to have abandoned me. Additionally, I experienced a deep sense of oneness with all life. This is when I applied for another career.

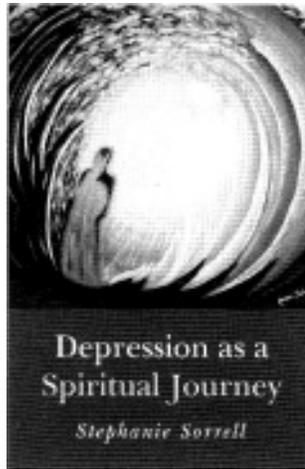
But after 20 months into it I plunged into a depression that was so severe, I was forced to abandon that too and resort to a medication that made me feel like a zombie so I couldn't continue with it.

This descent into annual 'darkness' greatly compromised my ability to develop any career or even to be able to work. But as time went by one thing I was sure of was that the Divine

never left me, and especially in the times when I was too ill to sleep or drink. In fact the Divine suffered with me. And I realise now, looking back at the age of 52, that the suffering itself has been the spiritual matrix or my writing career.

For those of you familiar with depression, in psychological terms, these swings between high and low episodes are often referred to as bipolar disorder.

Through the lens of my training in psychosynthesis psychology, I have come to understand that the euphoria experienced in bipolar disorder is a direct contact with the Transpersonal; but often becomes interpreted on the level of the personality, rather than the level of soul and spirit, which



can give rise to grandiosity and narcissism.

In the UK especially, in the spiritual 'new age' milieu, there is a lot of shame around being depressed or taking medication that can alleviate the emotional and mental anguish.

Because of this, I struggled with a sense of guilt when I tried medication again in my late 40's. I was to encounter a similar mindset when I entered the field of psychology.

A few years ago, in the midst of my training to be a psychosynthesis guide, I made a decision to end my life as I felt I was becoming too much of a burden to my partner.

The level of inner anguish I was suffering was worsening to such a degree

that I could no longer carry on.

I remember saying to God 'If you really want me to do something useful in the world, you have to show me... I can't continue in this pain any more.' Even in my darkness, I was aware of the presence of the Divine, the deep love and compassion.

I had written my Will. The people who had stood by me supported this move, even my therapist. This might seem a negative thing to do, but somehow this was the turning point. My partner persuaded me one last time to go to the doctor and seek another medication as nothing had really worked that well for me.

The result was I was prescribed SSRI anti-depressant medication which really worked for me. Although I have made several adjustments since and I still experience descents, medication seems to work well for me. I acknowledge I have a serious illness that has run through my family for generations and driven many to suicide, but I also accept that at the moment I am living in a state of 'grace'.

Despite all my former resistance to this genetic flaw in my make-up, it has also been the training school I have had to attend on earth. I do see that depression is a spiritual journey and that we need to be less concerned with how to overcome it, than how to extricate the gifts that it can give us in the form of creativity, empathy, humility together with a love that will not let us go.

God really suffers with us and how can there be shame in this? Suffering of any nature is a learning opportunity and if we can connect with the nucleus of our suffering, we learn God is suffering with us.

I wrote my newly-published book, *Depression as a Spiritual Journey* after this became the subject of my thesis. It was my tutor who suggested I write a book about it in the hope of reaching a wider audience.

Continued on page 5 (Spiritual Journey)



(SPIRITUAL JOURNEY) Continued from page 4

I would like to end here with a poem that I wrote in my late 20s when I seemed to be at the bottom of a well of darkness and which brought me in touch with the light that can be held in this darkness.

Depression as a Spiritual Journey by Stephanie Sorrell is published by books an imprint of John Hunt Publishing.
ISBN 978 1 84694 223 3



Stephanie Sorrell has an M.A. in Applied Psychosynthesis Psychology. She has worked as an Editor of *New Vision* in Chichester, England for seven years and also was a spiritual counselor for some years. Currently she works as a clinical support worker at a general hospital in Cumbria, England.

Source: *PENDULUM*
Winter 2009

MAY I EVER BE THANKFUL
*May my heart be too full of love to allow
fear and judgement admission.
Instead of feeling inadequate,
may I bear my lantern with pride.
Out of my inner pain, may I learn
to touch my fellow creatures with
healing fingers of compassion and understanding.
May the silent tears I have shed cleanse me
of all bitterness*
Oh-Nameless One
*Whose breath colours the dawn
and whose music spins liquid chords
across the most desolate heart.
May I ever be thankful...*

Charting your way through bipolar

Dominic Brender reviews a new book from a familiar face

Mood Mapping: Plot your Way to Emotional Health and Happiness

Dr Liz Miller. Rodale, an imprint of Pan Macmillan, 2009. ISBN 978 19057 4445-9.

Anyone who has read *Pendulum* or attended MDF events over the years will be very familiar with Dr Liz Miller. She is a regular contributor to this publication and has been a popular speaker at a number of our National Conferences. Last year she was elected Mind Mental Health Champion, thanks in part to votes from many MDF members. Her latest contribution to *Pendulum* will be published in the Spring.

Recently, Liz has been experimenting with a new self-help mapping tool to help lift mood and low energy levels, overcome mood swings and depression and take the edge off anxiety or worry.

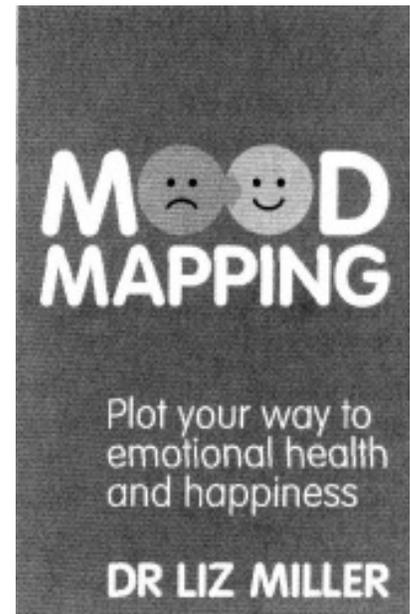
By making the crucial link between energy and mood, the mapping tool helps explain a number of characteristics of bipolar that have not received enough attention. In particular, it shows that high energy combined with low mood causes anxiety, worry and stress — a state of mind just as potentially damaging as the elation caused by high energy combined with high mood.

The book uses mood mapping to help you examine how your personality, nature knowledge, relationships, self-esteem, physical health, diet and surroundings all impact on your mood, to spot triggers and early warning signs of anxiety and depression and respond to them and to acquire the self-awareness to turn depression and anxiety into calm and positive action.

A state of calm is, according to Liz, one of the most underrated assets in the modern world — something to aim

for in any management of your moods. 'Calm offers gentle contemplation — of nature, the kindness of friends, and the beauty of our planet,' she writes. 'If there is any state that can be defined as happiness, or bliss, calm must surely be it. Yet nowadays, we too often neglect it in favour of the busy, active, stressful timetable of modern Western society.'

In summary, *Mood Mapping* makes a valuable companion to anyone participating in the self-management training programmes run by local self-help groups and also anyone undergoing cognitive behavioural therapy. Recommended.



Source: *PENDULUM*
Winter 2009

Simple Tips For Dealing With Seasonal Affective Disorder

Seasonal Affective Disorder (also called SAD) is a type of depression that occurs at the same time every year. If you're like most people with seasonal affective disorder, your symptoms start in the late fall and continue into the winter months, sapping your energy and making you feel moody.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough it out on your own. You may have seasonal affective disorder. Treatment for seasonal affective disorder includes light therapy (phototherapy), psychotherapy and medications. Addressing the problem can help you keep your mood and motivation steady throughout the year.

If your seasonal depression symptoms are severe, you may need medications, light therapy or other treatments to manage seasonal affective disorder. However, there are some measures you can do on your own that may also help, such as:

- Make your environment sunnier and brighter. Open blinds, add skylights and trim tree branches that block sunlight. Sit closer to bright windows while at home or in the office.

- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.

- Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase seasonal affective disorder symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.

*DBSA TAMPA BAY NEWSLETTER
Jan - Feb - Mar 2010*

Low Vitamin D Levels Increase Risk of Depression

Older adults with low levels of vitamin D in their blood and high levels of parathyroid hormone are at greater risk of depression, suggests a study in the May issue of *Archives of General Psychiatry*. Researchers measured blood levels of vitamin D and parathyroid hormone and assessed depression in 1,282 people, ages 65-95, of whom 26 had been diagnosed with major depression and 169 with minor depression. They found that blood levels of vitamin D were 14 percent lower in people with major or minor depression than in their non-depressed counterparts. Levels of parathyroid hormone in those with minor and major depression were five and 33 percent higher, respectively, the study found. Get more vitamin D in

How can I help a friend or relative who has bipolar disorder?

If you know someone who has bipolar disorder, it affects you too. The first and most important thing you can do is help him or her get the right diagnosis and treatment. You may need to make the appointment and go with him or her to see the doctor. Encourage your loved one to stay in treatment.

To help a friend or relative, you can:

- Offer emotional support, understanding, patience, and encouragement

- Learn about bipolar disorder so you can understand what your friend or relative is experiencing

- Talk to your friend or relative and listen carefully

- Listen to feelings your friend or relative expresses—be understanding about situations that may trigger bipolar symptoms

- Invite your friend or relative out for positive distractions, such as walks, outings, and other activities

- Remind your friend or relative that, with time and treatment, he or she can get better.

Never ignore comments about your friend or relative harming himself or herself. Always report such comments to his or her therapist or doctor.

*Source: National Institute Of Mental Health
As Seen In: DBSA TAMPA NEWSLETTER
Feb - Mar 2010*

Ask Marilyn

By Marilyn vos Savant

How can one improve his or her self-esteem?

-----*Daniel Bentley, Rochester, N.Y.*

Spend more time around people who like and respect you. Nothing works better, faster.

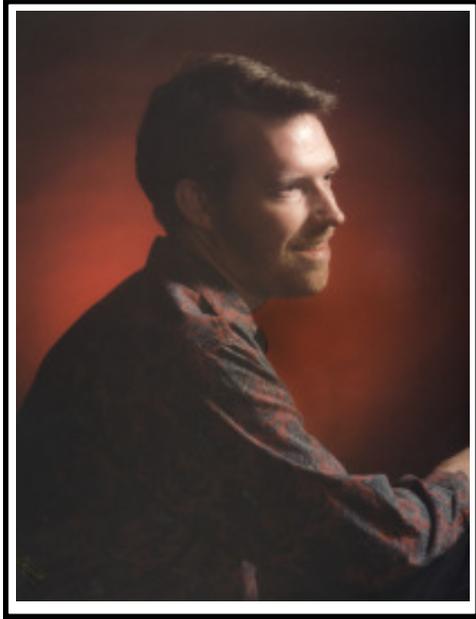
*Source PARADE Magazine
June 8, 2007*

your diet from D-fortified milk and cereals, as well as fatty fish such as salmon, tuna and mackerel. Also, ask your doctor if you need a vitamin D supplement.

**Reprinted with permission from
*Men's Health Advisor***

*Source: Women's Health Reporter
December 2008*

Kevin Nenstiel



We all lost a friend last month. On Wednesday, January 14, 2010, Kevin Nenstiel passed away. He was a long time member of DBSA, and mentor to many. Kevin was residing in a hospice for several weeks before he succumbed to cancer.

A memorial was held at Jo Ann Martin and Saul Kent's home on Thursday, January 28th for his many friends and admirers to remember and share special memories of our time with Kevin.

My own memories of him are pleasant and comfortable because that is how I felt with him. Even though he lived and coped with several health conditions, Kevin was easy to be with.

Most recently, one night a week several friends, including Kevin, got together regularly for a pot luck dinner, movies and games. We talked and laughed and enjoyed the time together with him and he with us. He especially liked being able to spend time with Sparky, my little terrier dog.

Kevin was a very talented man. He was a skilled writer, painter and musician. He wrote articles for publication in magazines, including this one. He painted many beautiful landscapes and seascapes.

When Kevin played his keyboard or the piano, he garnered great admiration and much appreciation from his audiences. It was always a treat for us when he would sit down and play one of his own compositions. He was involved with his music and when he played we were swept away .

-----Lynne Stewart

For Kevin Nenstiel, 5/12/63—1/14/10

Farewell, Kevin—Welcome to Heaven!

*You died as you lived—quietly, peacefully, lovingly,
With the grace and dignity of a genuine gentleman.
You left behind a large family who will sorely miss you,
Our hearts hurting for a very long time to come.
Someday, as our tears dry and the pain finally eases,*

*We will savor our memories while accepting
The reality of your continued absence here.*

*Within this hurting family you chose to adopt,
You were a treasure, in your quiet empathy,
Like a 20-carat diamond in a jumble of broken glass,
Undiscovered by those who never knew what they missed.
Not everyone realized the depths under your calmness,
Your love of beauty, your artistry, your musical talent— Not
everyone knew you could enjoy hilarious jokes
With sides aching and cheeks cramping in laughter— They
have our sympathy for not having known you better.*

*You are irreplaceable in our hearts, dear gentle man,
But we must now let you go to a better place,
Where depression and pain are finally wiped out— No need
for hospitals, therapy, medicine, sympathy— And you can
leap freely and sing with joy and relief.*

*Thank you for being who you were while you were here—
An attentive listener, a reliable, kind, and loving friend,
A constant, supportive part of DBSA,
An unexcelled example of amazing courage.*

*Dearest Kevin, gone to heaven much too soon! Someday, we
hope to enjoy eternity with you, But for now, dear friend—
How greatly you are missed!*

—Yen Cress

*“The way Kevin handled his condition is an inspiration.
He is truly a great man.”*

-----Tom Wootton

*“Kevin had a kind heart, a cutting sense of humor, com-
passion and natural talent. He'll be sorely missed. A big hug
from Kevin was something I always looked forward to. And
listening to him play always made my heart smile.”*

-----Brenda Peters

*“I will never forget him. I believe he had a special song in
his heart and today he is singing it to the Lord Jesus whom he
loved and placed his complete trust.”*

-----David Mariant

It has been said, from the moment we are born, we are programmed to die. Who knows when our time here on earth will end? It is what we do and who we become during the brief time we exist in this universe that counts. Kevin was born to be special. I remember his love for all people and his kindness. His love of nature was reflected in his beautiful paintings and in the music we all loved that he shared with us. I look out my window in the morning at the great pines and see Kevin smiling. His smile was contagious. During my last visit with Kevin, he told me “he was ready to go.” He never complained; what courage and grace he showed! What a gift he was to all of us.

Thank you, Kevin, for being a part of our lives.

With much love, Jo Ann Martin

*A Memorial Fund has been set up in Kevin's name.
Make donations out to DBSA.-Riverside. Please specify for
Kevin Nenstiel's Memorial Fund.*

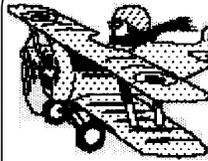
DBSA would like to thank the following sponsors who have donated to our Saturday morning refreshments:

Ralph's
(Allesandro, Riverside)

Food For Less
(Van Buren Blvd, Riverside)

Stater Bros.
(Mary St., Riverside)

We also appreciate the efforts of Dawn Ferrone in obtaining these contributors and all the people who help with setting up our morning coffee and refreshments.



ANNOUNCEMENTS

HEMET SUPPORT GROUP

Hemet Support group meets at Trinity Lutheran Church Mondays, 7 to 9 pm. Fridays, 1:30 to 3:30 pm
Please call 951/658-0181 (Lyla)

TEMECULA DMDA

Mark Monroe
951/926-8393

UPLAND DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/944-1964 OR
e-Mail dmjbf@aol.com

DBSA - Rancho Cucamonga

Roger or Lorraine
909/980-3692

THE UPLIFTERS

(Christian emphasis) meets at The Grove Community Church 19900 Grove Community Drive (off Trautwein) Riv. 92508 - meets 1st & 3rd Saturday, Room # D-4.
Contact Sheri 951/565-8131
s2_smatsumoto@charter.net

DBSA - Loma Linda

(909) 327-6178

For Support People:

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave. near Magnolia)
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna

Phone Phriends

If you need someone to talk with:

Leroy 951 / 686-5047

6 a.m. to 9 p.m.

Roger and Lorraine
daytime 909 / 980 - 3692

Andie (Amanda) 909 / 824 - 5385

9:30 a.m. to 7:30 p.m.

Yen Cress (951) 315-7315

9 p.m. - 6 a.m. & Weekends

Calling all interested consumers!

NAMI—In Our Own Voice:

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (IOOV) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as a component for recovery.
- ▶ They periodically present at 1½-2 hour workshops, during working hrs.



Stipends will be paid for presentations.



For more information, or to be put on a waiting list, please call:

Angela Sandoval, IOOV Coordinator
(951)686-5484, ext. 120

A collaborative effort brought to you by:
—The Riverside County Mental Health Department—
— NAMI, Western Riverside County —
—Jefferson Transitional Programs—

DBSA - Riverside

Map Legend

- ★ Meeting Location
- TTTT = Parking

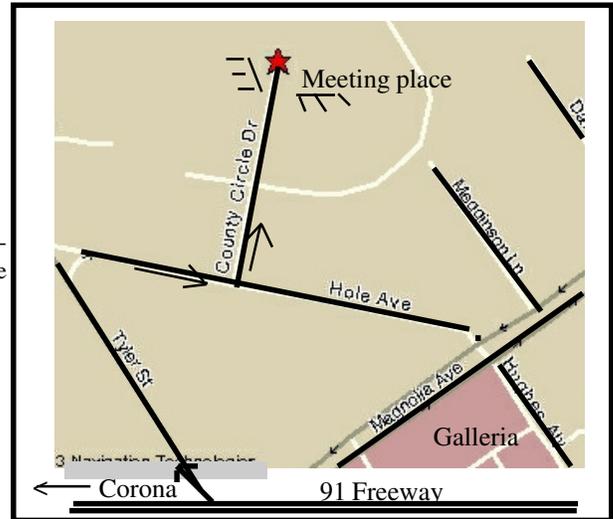
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For meeting-day

route times, please call RTA at 800/266-6883 toll free. If you qualify for Dial-a-Ride, a door-to-door service for the handicapped, info is available at the same phone number. * as well as other parts of Riverside.

About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time

is held at the home of JoAnn Martin on the Saturday afternoon following the last sharing meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach JoAnn or Leroy at 951/780-3366. **Our sharing meetings are held every Saturday of each week from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A.** We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.



MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance of Riverside is \$20.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is \$10.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, please indicate below. 

Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____ Please Print New Renewal

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ E-MAIL ADDRESS _____

Please check one of the following:

- I have: Bipolar Disorder (Manic-Depression) Depression
I am a Family Member Professional
None of the above

Birth Date (Optional) : Month _____ Day _____ Year _____

Enclosed is my payment for DBSA Membership _____ \$20.00 (includes newsletter).

Enclosed is my donation of \$ _____ to help others receive the newsletter.

I would like a subscription to the newsletter only. _____ \$10.00 (12 issues per year).

I would like to volunteer my time and talent to help.

DBSA OF RIVERSIDE
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