

Peer Support

Join the journey!

August 23, 2021

Oklahoma Peer Support Groups

Active Public Support Groups

(Due to Covid-19 restrictions contact the group facilitator before visiting the group)

Bethany

Thursday 7:00 PM
Contact Iva 405-373-0059
Contact2 Cynthia 405-639-9623

Edmond - Virtual

Edmond Public Library
Temp suspended TBA
Contact Sarah 405-388-5695
Contact 2 Charlie 405-330-0642

Lawton – Southwest

Lawton Public Library
110 SW 4th St.
Monday 6:30 PM
Contact Laura 580-536-1251
Contact 2 John 580-483-4942

Midwest City

St. Mark's Lutheran
7501 E. Reno Midwest City
Tuesday 6:30 PM
Contact 1 Dawn 405-464-5252
Contact 2 Diane 405-679-5214

Norman

Norman Central Library
2nd Floor Roserock Room
Thursday 7:00 PM
Contact Diane 405-503-1948
Contact 2 Jackie 405-596-5616

Oklahoma City

Overcomers
3000 United Founders Blvd.
Ste. 117
Wednesday Noon
Contact George 405-413-7778
Crossings Church
14600 N Portland Room 232
Monday 6:30 PM
Contact Katy Jo 405-250-4136
Contact Diane 405-968-5074

Lottie House Drop In 1 -Virtual

Zoom 12-1 Tuesdays
Contact Bianca 405-999-2951

Lottie House Drop In 2 - Virtual

Zoom 12-1 Fridays
Contact Bianca 405-999-2951

OCARTA Drop-In Center - **Virtual**
Zoom 3:00 Tuesdays
Contact Tyler 405-436-4083

Stillwater

First Presbyterian Church
524 Duncan
Tuesday 6:30 PM
Contact Karen 405-624-1518
Contact 2 Allison 405-714-3166

Yukon- Virtual

First Christian Church
601 Maple
Tuesday 7:00 PM
Contact Renee 405-209-7477
Contact2 Cheryl 405-882-6467

Rural Statewide - Virtual

Thursday 6:30 PM
Contact George 405-413-7778

The Rural Statewide Zoom support group at 6:30 PM is open to anyone. We are working on getting groups started again in the following locations: Ada, Shawnee, Tahlequah, and Tulsa. If you are interested in one of these please call the office.

Our Mission

To provide hope, help, education, and support to improve the lives of people with mental health disorders.



Depression and Bipolar
Support Alliance
Oklahoma

405-254-3994

www.dbsaok.org

Like us on Facebook @DBSAOK

office@dbsaok.org