

# Peer Support

Join the journey

October 21, 2021

## Oklahoma Peer Support Groups

### Active Public Support Groups

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

#### Bethany

Thursday 7:00 PM  
Contact Iva 405-373-0059  
Contact2 Cynthia 405-639-9623  
Contact3 Nannette 405-787-6069

#### Edmond - Virtual

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 Dawn 405-464-5252  
Contact 2 Diane 405-679-5214

#### Norman

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

#### Oklahoma City

Office  
3000 United Founders Blvd.  
Ste. 117  
Wednesday Noon  
Contact George 405-413-7778

Crossings Church  
14600 N Portland Room 238  
Monday 6:30 PM  
Contact Katy Jo 405-250-4136  
Contact2 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 and in person**  
**3132 NW 31st**  
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

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](http://www.dbsaok.org)

Like us on Facebook @DBSAOK

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