

Peer Support

Join the journey

May 12, 2022

Oklahoma Peer Support Groups

Active Public Support Groups

(We welcome college nursing students but we ask that you always contact the group facilitator first. We ask that only 2 nursing students at a time visit one of our support groups.)

Bethany – Telephone Conference

Thursday 7:00 PM
Contact Nannette 405-787-6069

Edmond - Virtual

Contact Sarah 405-388-5695
Contact 2 Jeff 405-203-7898

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

Norman

Norman Central Library
2nd Floor Roserock Room
Thursday 7:00 PM
Contact Diane 405-503-1948
Contact 2 Jackie
jaclyn.pennington@hotmail.com

Oklahoma City

State Office
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 Steve 405-445-8778

Lottie House Drop In
Tuesdays 3-4 Tuesdays
Contact 405-600-3074

OCARTA Drop-In Center -
Virtual/In Person
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

Like us on Facebook @DBSAOK

office@dbsaok.org