

# Peer Support

Join the journey!

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

February 23, 2023

## The benefits of attending peer support groups

The most important benefit of regularly attending peer support group meetings is that you learn you're not alone.

You'll meet and interact with others with similar situations, and you'll learn new coping skills from others that are leading productive lives, even though they deal with depression or other disorder.

Research shows that people who attend peer support meetings tend to eliminate the need to be re-admitted to a mental hospital. It's believed that your recovery is strengthened when you attend support groups.

Another benefit is it helps you socialize safely with others, and it gets you out of the house. Being with others like you can give you a refreshed sense of well-being, and can help build your self-esteem.

By regularly attending peer support group meetings you're less likely to view yourself through a lens of stigma, and more likely to view yourself empowered to live successfully.

DBSA of Oklahoma's mission is to provide hope, help, education, and support to improve the lives of people with mental health disorders.

## Oklahoma Peer Support Groups

### Bethany

**1<sup>st</sup> Christian Church**  
3301 N Rockwell  
Thursday 7:00 PM  
Iva 405.373.0059  
Nannette 405.738.8184

### Edmond - Virtual

Sarah 405.388.5695  
Jeff 405.203.7898

### Lawton – Southwest

Lawton Public Library  
110 SW 4th St.  
Monday 6:30 PM  
Laura 580.536.1251  
John 580.483.4942

### Midwest City

All Lutheran  
7501 E. Reno  
Tuesday 6:30 PM  
Dawn 405.464.5252  
Ayo 405.937.9727

### Norman

St. Stephen's UMC  
1801 W Brooks St., Room 6  
Thursday 7:00 PM  
Diane 405.503.1948  
Jackie [jacklyn.pennington@hotmail.com](mailto:jacklyn.pennington@hotmail.com)

### Oklahoma City

State Office  
3000 United Founders Blvd, Ste 117  
Wednesday Noon  
George 405.254.3994

### Crossings Church

14600 N. Portland  
The Venue, Rm 238  
Monday 6:30 PM  
Kent 405.408.8330  
John 405.618.2476

### Lottie House Drop In

Wednesday Noon  
405.600.3074

### OCARTA Drop In

Virtual/ In Person  
Tuesday 3:00 PM  
Tyler 405.436.4083

### Stillwater

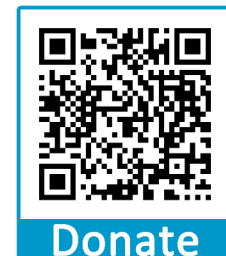
First Presbyterian Church  
524 Duncan  
Tuesday 6:30 PM  
Karen 405.624.1518  
Allison 405.714.3166

### Yukon

First Christian Church  
601 Maple  
Tuesday 7:00 PM  
Renee 405.209.7477  
Cheryl 405.882.6467

### Zoom Peer Support

Thursday 6:30 PM  
[dbsaok.org/zoom/](http://dbsaok.org/zoom/)



There is never a charge to attend a peer support group meeting. All are welcome.  
Please share with a friend in need. Thank you!