

SAN DIEGO PHOBIA FOUNDATION

a non-profit organization serving all of San Diego County

Support Groups

A meaningful, understanding support system is helpful for the recovery of people suffering with anxiety disorders or depression.

The San Diego Phobia Foundation is a non-profit organization that serves all of San Diego County. The Foundation currently sponsors four weekly self-help support groups for people suffering from anxiety, phobias, panic attacks, obsessions and compulsions, post-traumatic stress, social anxiety and depression. Each meeting is lead by an experienced facilitator and occasionally features a guest speaker. The meetings are friendly, relaxed, and on a first-name-only basis. The meetings are also open to family members and significant others. A five dollar donation for each attended meeting is greatly appreciated.

SOUTH BAY SUPPORT GROUP (Conducted in English & Spanish)

Scripps Mercy Hospital Chula Vista

499 H Street (across from Macy's in Chula Vista Mall)

Chula Vista, CA 91910

Thursdays, 6:30 P.M. to 8:00 P.M.

EAST COUNTY SUPPORT GROUP

Scripps Facility - East County

1460 E. Main Street (Corner of E. Main and Oakdale Ave., upstairs)

El Cajon, CA 92021

Mondays, 7:00 P.M. to 8:30 P.M.

SAN DIEGO CENTRAL SUPPORT GROUP

Sharp Mesa Vista Hospital

Day Hospital Lounge

7850 Vista Hill Avenue

San Diego, CA 92123

Tuesdays, 7:00 P.M. to 8:30 P.M.

NORTH COUNTY INLAND SUPPORT GROUP

Cypress Court – Escondido (760-747-1940)

1255 North Broadway

Escondido, CA 92026

Saturdays, 10:00 A.M. to 11:00 A.M.

Mailing Address: Post Office Box 3191, La Mesa, CA 91944-3191