

THE SPECTRUM

PRIDE!

Depression & Bipolar Support Alliance of Greater Chicago



DBSA-GC is Closing out Pride Month!

We hope all of our LGBTQIA+ members, families, and friends had a wonderful pride month! We are looking forward to better weather (and air quality!) for the rest of the summer, but wanted to close out PRIDE month with a special edition of The Spectrum focusing on our LGBTQIA+ community. Although we do not currently host support group meetings specifically for the LGBTQIA+ community, we welcome everyone to our support groups. If you are interested in becoming a facilitator and starting an LGBTQIA+ focused support group, please reach out to us! We hope you enjoy these articles focused on improving the mental health of our LGBTQIA+ community and tips and tricks for maintaining your mental health in the summer months!

A letter from the President Bridget Maul

Dear DBSA-GC community,

Thank you for all the support you have given our chapter over the years. I now write for MORE! If you are interested in a leadership role within our organization, I welcome you to reach out to me to discuss what that entails, and what you feel you can bring to our chapter to continue with our mission of providing hope, support, and education to those suffering with mood disorders and their families and friends.

The DBSA-GC Board of Directors is seeking individuals interested in serving our organization as support group facilitators, board members, Spectrum writers, content creators, and social media managers.

If you want to give back to DBSA-GC, we'd love to have you. We need active, enthusiastic, and eager participants to keep our chapter running and give our members what they need most - support. You have an idea? Let's hear it! Want to host an event? Great, let's plan it! Want to serve on our board - perfect, let's talk about ways you can contribute.

Please reach out to me at bridget@dbsa-gc.org to talk about any ideas you have to further our mission!

Have a wonderful summer!

- Bridget

Why Does the LGBTQIA+ Community Suffer from Poor Mental Health at Higher Rates?

Source: [University of Utah Health](#)

Everyone has a sexual orientation and gender identity, but people who identify as part of the Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual (LGBTQIA+) community are at higher mental health risk compared to others. According to the [National Alliance on Mental Illness \(NAMI\)](#), "LGB adults are more than twice as likely as heterosexual adults to experience a mental health condition. Transgender individuals are nearly four times as likely as cisgender individuals to experience a mental health condition". Many factors aside, this is because many people identifying as LGBTQIA+ face discrimination, family rejection, harassment, and fear of violence.

"Like with any identity, feeling different—or worse, unaccepted as you are—is a significant risk factor for mental health struggles," says [Anna Docherty, PhD, LP](#), assistant professor of psychiatry at [Huntsman Mental Health Institute](#). "The truth is, most of us experience some significant anxiety or depression in our lifetimes, and we often manage this with social support. Without adequate social support and acceptance, mental health is quite difficult to maintain. Increasing dialogue about LGBTQIA+ experiences and how individuals are overcoming struggles can help normalize and validate what individuals who identify as LGBTQIA+ are managing. Importantly, this can also lead to community education, acceptance, social support, peer-mentoring, empowerment, and pride."

The following statistics from [Mental Health America](#) demonstrate the concerning mental health challenges facing the LGBTQIA+ community:

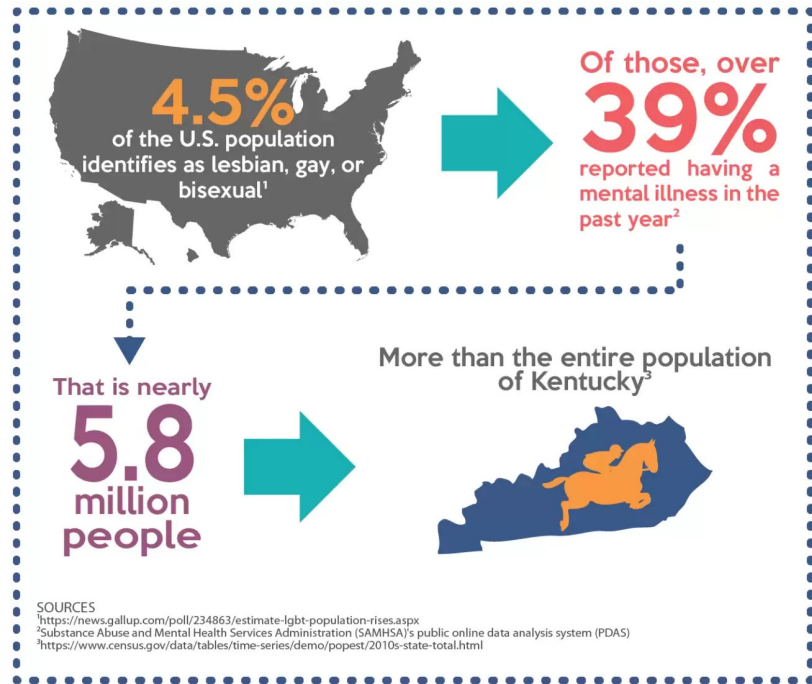
- LGBTQIA+ teens are **six times** more likely to experience symptoms of depression than non-LGBTQIA+ identifying teens.
- LGBTQIA+ youth are **more than twice as likely** to feel suicidal and more than four times as likely to attempt suicide than heterosexual youth.
- **48% of transgender adults** report that they have considered suicide in the last year, compared to 4% of the overall U.S. population.

Showing Support for Your LGBTQIA+ Community

Younger generations identifying as LGBTQIA+ are increasingly adept at sharing their personal stories and experiences. "However, so many individuals still experience alienation, isolation, and stigma," Docherty says. "Like anyone, individuals who experience alienation, isolation, or stigma can be at risk for mental health concerns."

So how do people show support for someone who is struggling? When connecting with those who identify as LGBTQIA+, it is important to use non-stigmatizing language when speaking and writing, such as:

- Instead of 'disorder' or 'illness,' use the terms 'condition' or 'concern.' Docherty says she sometimes refers to 'struggles.'
- Instead of 'psychiatric,' use 'mental health.'
- Instead of 'LGBTQIA+ youth,' say 'younger individuals who identify as LGBTQIA+.'
- Instead of the term 'schizophrenic,' say, 'person managing schizophrenia' (or anxiety, or OCD, or any other struggle).



How to Be an LGBTQIA+ Ally

Positive human connection is critical when it comes to boosting your mood. Surrounding yourself with people who love you, believe in you, cheer for you, hear you, and listen to you.

- Become an active ally. Make it a regular practice to show up for your friends, neighbors, and family and be their support system! Read about LGBTQIA+ experiences online, attend a Pride event, or wear Pride gear.
- Always ask about someone's preferred pronouns, and use them. At work, take the first step by putting your pronouns in your email signature and social media bios.
- For trans-identifying individuals, do not ask their birth name or about their transition. Respect their privacy and personal preferences.
- Show your acceptance through words. Listening is one thing—responding with positive words and affirmations is another. Be aware of the language you are using.
- Take a moment to share your appreciation for someone in your life who identifies as LGBTQIA+.

As we celebrate Pride month in June, many come together to show their support for the LGBTQIA+ community. But it's important to be an ally every day.

LGBTQIA+ Communities and Mental Health

Source: [Mental Health America](#)

Everyone has a sexual orientation and gender identity. Sexual orientation is who you are romantically or physically attracted to. Gender identity is the internal sense of being male, female, both or neither, which is separate from your biological sex. People who have a different sexual orientation or gender identity from most people fall under the umbrella term LGBTQ+. It is really important to know that identifying as LGBTQ+ is **NOT** a mental illness or disorder.

Although being LGBTQ+ is absolutely not a mental illness, many LGBTQ+ people experience mental health struggles. The bisexual and transgender communities have the highest rates of mental health concerns within the LGBTQ+ population. Younger members of the LGBTQ+ community struggle the most with mental health concerns of all the age groups.

Most LGBTQ+ individuals are incredibly resilient and will thrive in the face of adversity, with the help of supportive families, communities, and peers. One study even found that LGBTQ+ people used mental health services at 2.5 times higher rates than their heterosexual counterparts. [1] However, they are also at particular risk for experiencing shame, fear, discrimination, and adverse and traumatic events.

Also, many people who identify as LGBTQ+ are part of second (and sometimes third or more) community that is marginalized. Examples of these groups are BIPOC (Black, Indigenous, or People of Color), people with a physical

disability, people practicing a religion different than their neighbors, and people with low socioeconomic status. These people have complex experiences that cannot be easily addressed in one area of their life.

There are many negative stereotypes about being LGBTQ+ which makes many uncomfortable letting people know this important part of their identity. When people do openly express this part of themselves, they face the potential of rejection from peers, colleagues, and friends can exacerbate feelings of loneliness.

Demographics/Societal Issues

- Among U.S. adults, 4.5 percent identify as lesbian, gay, bisexual, or transgender.
- LGBT identification is lower as age increases; 8.2 percent of Millennials (born between 1980 and 1999) identify as LGBT, compared to 3.5 percent of Generation X individuals (born between 1965 and 1979).
- Women are more likely to identify as LGBT than men (5.1 percent compared to 3.9 percent).



- Research suggests that LGBTQ+ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Discrimination against LGBTQ+ persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide.
- Personal, family, and social acceptance of sexual orientation and gender identity affects the mental health and personal safety of LGBT individuals.

Attitudes

- A majority of LGBTQ+ people say that they or an LGBTQ+ friend or family member have been threatened or non-sexually harassed (57 percent), been sexually harassed (51 percent), or experienced violence (51 percent) because of their sexuality or gender identity.
- Fifty-nine percent of LGBTQ+ people feel that they have fewer employment opportunities and 50



percent believe they are paid less than non-LGBTQ+ people.

- Thirty-eight percent of transgender people say they have experienced slurs and 28 percent have experienced insensitive or offensive comments because of their gender identity or sexual orientation.

- Twenty-two percent of transgender individuals say they have avoided doctors or health care out of concern they would be discriminated against.

Prevalence

- LGBTQ+ teens are six times more likely to experience symptoms of depression than non-LGBTQ+ identifying teens.

- LGBTQ+ youth are more than twice as likely to

feel suicidal and over four times as likely to attempt suicide compared to heterosexual youth.

- Forty-eight percent of transgender adults report that they have considered suicide in the last year, compared to 4 percent of the overall US population.

Access/Insurance

- In a survey of LGBTQ+ people, more than half of all respondents reported that they have faced cases of providers denying care, using harsh language, or blaming the patient's sexual orientation or gender identity as the cause for an illness. Fear of discrimination may lead some people to conceal their sexual orientation or gender identity from providers or avoid seeking care altogether.
- In 2011, the Joint Commission, an independent non-profit national organization that accredits and certifies more than 20,000 health care organizations and programs in the U.S., began to require that hospitals prohibit discrimination based on sexual orientation, gender identity, and gender expression in order to be accredited.

Treatment Issues

- Approximately 8 percent of LGBTQ+ individuals and nearly 27 percent of transgender individuals report being denied needed health care outright.
- In mental health care, stigma, lack of cultural sensitivity, and unconscious and conscious reluctance to address sexuality may hamper effectiveness of care.
- Evidence suggests that implicit preferences for heterosexual people versus lesbian and gay people are pervasive among heterosexual health care providers.

How Summer Affects Our Mental Health

For most people, there are significant mental health benefits associated with the summer season.

According to University of Michigan research, the positive impact warm, sunny weather can have on mental health and mood are real. By getting outside for at least 30 minutes a day, your overall mood will improve.

The sun provides a surge of vitamin D

Vitamin D intake is essential for the regulation of calcium and phosphorus absorption, maintenance of healthy bones and teeth, and can help to supply a protective effect against multiple diseases and conditions.



We tend to be more active

With the sun rising early and setting late and the temperature optimal for outdoor activities - like walking, running, riding a bike, swimming - people are more active on a daily basis during the summer months. As we all know, physical activity is a natural and effective mood-booster so it makes sense that being active would have a role to play.

We tend to reduce our work hours

Most people take their vacation time during the summer months or cut back on working overtime or on the weekends. We

might even leave work early on a Friday! The summer tends to give us a good excuse to take some much needed rest and relaxation and this is an important part of self-care that benefits your mental health.

We have more time to spend with family and friends

Summer also gives us the opportunity to visit and spend quality time with family and friends. Although we still have restrictions in place and not everything is feasible, we are able to get together in small groups and enjoy each other's company again. Evidence shows that good relationships (with family, friends and our community) are vital for our mental well-being.

However, for others, summer can be a bummer in more ways than one.

You may have heard of Seasonal Affective Disorder (SAD), and assumed it is specifically a "Winter Depression", but SAD is a type of depression that can affect people at anytime of the year. In fact, some people experience the symptoms of depression starting in the spring or summer months with mild symptoms then progressing and becoming more severe. *Why?*

Summertime stressors

The cause of depression during summer months is not yet fully known but there are a number of possible factors that can contribute to the development of symptoms including:

- Disruption in routine / schedule / habits due to vacation, children being out of school
- Change in sleep and eating habits due to disruption in routine
- Not being able to participate in summer vacations or outdoor activities due to limited finances
- Health reasons preventing participating in summer activities which could lead to isolation and sadness and feelings of loneliness

- Anxiety or avoiding participating in some outdoor summer activities due to concern about physical appearance

Extreme weather conditions

Hot weather usually causes people to feel tired, unmotivated to do very much and maybe even a little bit grumpy. However, extreme weather conditions are more serious for our health than that. At present there is an intense heat wave covering much of North America. Climate change worries aside, this has also caused alarm among the health and mental health community. There are a host of heat related illnesses that are serious enough to result in hospitalization and death, including: dehydration, heat stroke, increased blood pressure and many other illnesses.

There are also some serious mental health issues that result from the heat. This is evidenced by the fact that there is an increase in psychiatric hospitalizations during the summer months, an increase in suicide attempts, acts of violence, increased irritable and anger.

So, what can you do to 'feel good' this summer?

Let's start with the basics of summer self-care:

- Drink lots of water or other liquids to prevent dehydration
- Try to limit coffee and alcohol since they tend to dehydrate
- Wear a hat when you are going out, even when temperatures are cooler and sun is not intense
- Wear sunscreen and limit your exposure to direct, intense sunlight
- Try to do activities early in the morning or later in the evening when temperatures are cooler (gardening, yardwork, exercise, etc.)
- Try to remain in air conditioned environments if you are sensitive to the heat and if you do not have air conditioning in your home, there are typically cooling stations or public spaces that can provide it for you
- If you are on any medications, you may need to limit your exposure to sunlight, so it is essential that you talk to your doctor or pharmacist about any possible side effects of heat and sunlight with your prescription

Now for some summer self-care:

- Try to get 20 minutes of sunlight a day
- Avoid social withdrawal and social isolation by going out and engaging with a small group of friends and/or family
- Try to stay active, and engage in regular physical exercise for 30-45 minutes a day to increase your endorphin activity

SUMMER SELF-CARE CHALLENGE

Day 1 Make a list of goals for the month	Day 2 Sit in the sun and meditate	Day 3 Make lemon water or lemonade	Day 4 Go on a hike or nature walk
Day 5 Enjoy the pool or sprinklers	Day 6 Waterguns, Bubbles, Side-walk Chalk	Day 7 Picnic or eat lunch outside	Day 8 Unplug from technology
Day 9 Drink all the water today	Day 10 Make a fruit salad	Day 11 Relax to the sound of nature	Day 12 Go out for ice cream
Day 13 Dress up and feel pretty	Day 14 Make a summer playlist	Day 15 What do you need today?	Day 16 Watch the sunrise or sunset
Day 17 Make your own popsicles	Day 18 Eat a watermelon	Day 19 Take a mid-day nap	Day 20 Visit a Farmer's Market
Day 21 Make s'mores or grill	Day 22 Try watergun painting	Day 23 Take a ton of pictures	Day 24 Do a yoga routine in the sunlight
Day 25 Walk away from unhappiness	Day 26 Re-organize your sacred space	Day 27 Write something beautiful	Day 28 Go star-gazing + count stars ★

- Try to maintain a healthy diet and a regular eating schedule to help keep your sleep, mood and energy levels balanced
- Try to maintain a proper sleep schedule, sticking to consistent wake up/go to sleep times
- Take advantage of the weather and find something you would normally do indoors and take it outside
- Take some time for yourself by taking a calming walk, reading a book outside under a tree, enjoying the warmth of the sun and some refreshing cool, soothing ice water... whatever soothes your soul
- If you are not an outdoor person, then find an activity you like doing that makes you feel happy and relaxed so you can slow down and de-stress

The bottom line... give yourself permission to “feel good” this summer.

As we all know too well, the warm and bright summer months will not be with us forever—eventually, we will have to go back to the cold, dark winter months. We will return to the stress of school, the holidays, and the frigid outside chores that can sometimes overwhelm us.

But, now is not that time. Even if just for five minutes, take the time to do the things that you enjoy. You deserve it and need it.

Chicago Street Festivals This Summer

Festivals in July

- **Chicago Summerdance**: Learn to salsa, waltz, swing, and more during these free open-air dance lessons.



• **Windy City Smokeout**: It's like a weekend-long tailgate at this popular country music festival, known for drawing in the industry's top names.

• **Chosen Few Picnic**: The longest-running event dedicated to house music, Chosen Few Picnic brings thousands of fans to Jackson Park each summer.

• **Millennium Park Summer Film Series**: Watch free movies under the stars at this beloved summer event, screening family favorites, cult classics, and beyond.

• **Millennium Park Music Series**: Grab a spot on the grass and enjoy free weekly

concerts by local and national artists.

- **Pitchfork Music Festival**: This multi-genre music festival is known for its cutting-edge line-up and laidback vibe.
- **Maxwell Street Market**: Browse an eclectic array of handmade crafts, live music, and street food vendors at this long-running Sunday market.
- **Taste of Chicago neighborhood event**: Sample a bite-sized version of this uniquely Chicago event, featuring local food vendors in Pullman.
- **Silver Room Block Party**: Oakwood Beach is the home of the Silver Room Block party, bringing live music, beach volleyball, food, drink, artist vendors, and more to the lakefront.

- **Grant Park Music Festival:** This 80-year tradition brings free classical music to Millennium Park all summer long.
- **Randolph Street Market:** This European-style outdoor market showcases the best antique and vintage finds, including fashion, art, decor, and beyond.
- **Chinatown Summer Fair:** Celebrate the start of summer at this annual fest with cultural demonstrations, traditional dances, and food from Chinatown restaurants.
- **Tacos y Tamales:** Based on a traditional Mexican market, this Pilsen fest features local vendors selling their food, artwork, wares and a vast array of live music & dance throughout the weekend.
- **Wicker Park Fest:** This weekend fest celebrates the eclectic neighborhood it calls home with over 50 bands on four stages, local food, a kids' area, and more.
- **Roscoe Village Burger Fest:** Find the best burger in the city at this local favorite, all while enjoying live music and cold drinks.
- **African / Caribbean International Festival Of Life:** Reggae music is at the heart of this Washington Park festival, along with the lifestyle and culture of various African and Caribbean nations.
- **Pizza City Fest:** Sample the city's best pies, from deep dish to tavern style, at this two-day pizza extravaganza.
- **Millennium Art Festival:** This juried art showcase also brings live music and food to Michigan Avenue in Chicago's Loop.
- **Jazzin' at the Shedd:** This weeknight series features a festival-worthy line-up of Chicago's top jazz ensembles, along with access to the aquarium, cocktails, and unbeatable city views.
- **Jazzin' On the Steps:** The South Side Jazz Coalition kicks off its summer series with a return to free jazz on the steps of St. Columbanus Catholic Church.
- **Southport Art & Music Fest:** Southport Corridor comes to life with a fine art show, featuring jewelry, sculpture, photography, and more.
- **Bucktown Neighborhood & Garden Walk:** Stroll through urban gardens while enjoying live music during this unique event showcasing the Bucktown neighborhood.
- **Fiesta Del Sol:** A multi-day Mexican festival in the Pilsen neighborhood, this annual event is a family favorite.



Festivals in August

Chicago Air and Water Show: The largest free show of its kind in the country, this waterfront show features stunning aerial displays above Lake Michigan.

Lollapalooza: One of the largest and most iconic music festivals in the world, Lollapalooza brings top artists and local bands to lakefront Grant Park.

Maxwell Street Market: Browse an eclectic array of handmade crafts, live music, and street food vendors at this long-running Sunday market.

Taste of Chicago neighborhood event: Sample a bite-sized version of this uniquely Chicago event, featuring local food vendors in Marquette Park.

Northalsted Market Days: An iconic Pride event, Market Days boasts all-day lineups of live music on multiple stages, unique vendors, and DJs and dancing in a historic neighborhood.

Millennium Park Music Series: Grab a spot on the grass and enjoy free weekly concerts by local and national artists.

Millennium Park Summer Film Series: Watch free movies under the stars at this beloved summer

event, screening family favorites, cult classics, and beyond.

Taste of Greektown: Get a taste of Chicago's vibrant Greektown with lively bands, dance troupes, and tons of traditional food.

Ruido Fest: Billed as Chicago's only Latin alternative music festival, Ruido Fest offers a weekend of music in Little Village.

Jeff Fest: Also known as the Jefferson Park Arts & Music Festival, this neighborhood park takes over idyllic Jefferson Memorial Park.



Jazzin' at the Shedd: This weeknight series features a festival-worthy line-up of Chicago's top jazz ensembles, along with access to the aquarium, cocktails, and unbeatable city views.

Wine and Art Walk at Morton Arboretum: Just outside Chicago, this sprawling natural area hosts an art fair and wine tasting event on their lovely grounds.

Ribfest Chicago: It's all about ribs and rock music at this family-friendly North Center street fest.

Chicago Summerdance: Learn to salsa, waltz, swing, and more during these free open-air dance lessons.

Villapalooza: The Little Village music festival, located on 26th Street, is a platform for local talent and young creatives.

Grant Park Music Festival: This 80-year tradition brings free classical music to Millennium Park all summer long.

Sundays on State: Join this free, interactive block party featuring art, culture, shopping, dining, and more.

Jazzin' On the Steps: The South Side Jazz Coalition kicks off its summer series with a return to free jazz on the steps of St. Columbanus Catholic Church.

Sangria Festival: Sip sangria while enjoying Latin American food and music at this Humboldt Park festival.

Edison Park Fest: This neighborhood tradition supports local businesses and raises funds for the community.

Glenwood Avenue Arts Fest: This arts-centric fest has taken over the streets of Rogers Park for the past 20 years, with artists, craft workers, live music, and more.

Chicago Triathlon: Athletes from around the world come to compete in this sporting event, which includes a triathlon, super sprint, and kids' event.

Chicago's 2023 Farmer's Market Schedule



Mondays

Edgewater Farmers Market

5917 N. Broadway

June 5 - September 25, 3-7pm

Tuesdays

Lincoln Square Farmers Market

Located in the municipal parking lot at N. Lincoln Ave. and W. Leland Ave. Adjacent to the CTA Western Brown Line.

May 2 - November 21 (no market on July 4), 7am-12pm

SOAR Farmers Market at MCA

220 E. Chicago Ave.

June 8 - October 31, 7am-2pm

The Farmer at The Green

320 S. Canal St.

May 2 - October 24, 3-7pm

www.dbsa-gc.org

*Wednesdays***Andersonville Farmers Market**

1500 W. Catalpa Ave.

May 10 – October 18, 3-7pm

Green City Market Lincoln Park

1817 N. Clark St.

May 3 – October 25, 7am-1pm

Pullman City Market

11100 S. Cottage Grove Ave.

July 5 – October 25, 7am-1pm

Ravenswood Farmers Market

4900 N. Damen Ave.

June 14 – October 11 (no market July 4), 4-8pm

Uptown Farmers Market

1244-1320 W. Sunnyside Ave.

May 3 – November 1, 2:30-7pm

*Thursdays***Austin Town Hall City Market**

5610 W. Lake St.

June 8 – October 26, 1-6pm

Daley Plaza City Market

50 W. Washington St.

May 11 – October 26, 7am-2pm

[View a list of vendors](#)**Lincoln Square Farmers Market**

Located in the municipal parking lot at N. Lincoln Ave. and W. Leland Ave. Adjacent to the CTA Western Brown Line.

May 4 – October 26 (no market on September 7), 3-7pm

PCC Austin Farm Stand

330 N. Lotus Ave.

June 1 – October 26, 10am-12pm

South Loop Grant Park

1201 S. Michigan Ave.

June 1 – September 17, 4-8pm

*Fridays***Olive Harvey College Market**

10001 S. Woodlawn Ave.

June 2 – September 22, 11am–3pm

*Saturdays***Division Street City Market**

100 W. Division St.

May 6 – October 28, 7am–12pm

Everyday Edgebrook Farmers Market

6525-6540 N. Hiawatha Ave.

July 1 – September 23 (every other Saturday), 9am–1pm

Green City Market Lincoln Park

1817 N. Clark St.

April 1 – November 18, 7am–1pm

Green City Market West Loop

115 S. Sangamon St.

May 6 – November 18, 8am–1pm

Illinois Tech Farmer's Market

3421-3459 S. State St.

May 20 – October 21, 10am–1pm

**Mercado de Colores**

Manuel Perez Memorial Plaza, 4345 W. 26th St.

June 3 – October 7, 11am–3pm

**Nettelhorst French Market**

3252 N. Broadway

April 15 – October 28, 8am–2pm

The Lincoln Park Farmers Market

2001 N. Orchard St.

April 29 – November 18, 7am–1pm

**West Humboldt Park City Market
in partnership with NHS Chicago**

3601 W. Chicago Ave.

June 3 – October 7, 10am–2pm

*Sundays***Bronzeville City Market**

4700 S. King Dr.

July 9 – October 15, 10am–2pm

Glenwood Sunday Market

6900–7000 N. Glenwood Ave.

June 4 – October 29 (no market on June 25 and August 20), 9am–2pm

Jefferson Park Sunday Market

4818 N. Long Ave.

Second and Fourth Sundays: June 11 – October 22

June 11 & 25 / July 9 & 23 / August 13 & 27 / September 10 & 24 / October 8 & 22, 9:30am–1:30pm

**Logan Square Farmers Market**

Logan Boulevard between N. Milwaukee Ave. & N. Whipple St.

May 14 – October 29, 9am – 3pm

Maxwell Street Market

800 S. Desplains St.

May 28 – October 29, 9am–3pm

Northwest Side Farmers Market

Irish American Heritage Center, 4626 N. Knox Ave.

May 21 / July 2 / September 3 / October 15 & 29, 9:30am–1:30pm

Portage Park Farmers Market

4000–4100 N. Long Ave.

June 4 & 18 / July 16 & 30 / August 6 & 20 / September 3 & 17 / October 1, 10am–2pm

Roscoe Village Farmers Market

3149 N. Wolcott Ave.

June 11 – October 8, 8am–12pm

DBSA-GC Support Groups

Zoom Support Groups

We are still holding Zoom support groups on Sundays at 7pm, an ages 50+ group on the 2nd and 4th Thursday of the month at 7pm, and our Saturday morning 10am support group is resuming July 8th. Here is our [virtual event calendar](#).

In-Person Peer Support Groups

- **PALATINE LIBRARY:** Located at 700 North Ct, Palatine, IL 60067. This group meets on the 1st and 3rd Wednesday of each month at 7:00pm. If you have any questions about this group, contact support group facilitator Judy Sturm at (847) 359-4140.
- **ANDERSONVILLE / UPTOWN Ebenezer Lutheran Church:** Located at 1650 W Foster Avenue in Chicago, IL. This group meets weekly on Wednesdays at 7:00 pm. Come early, street parking only. If you have any questions about this group, contact support group facilitator Wayne Hoffman at waynehoffmandad@gmail.com or (312) 502-4212.
- **COLUMBUS METROPOLITAN LIBRARY: HILLIARD, OH:** Located at 4500 Hickory Chase Way in Hilliard Ohio at the Columbus Metropolitan Library. This group meets on the 2nd and 4th Wednesday of each month at 7:00pm ET. If you have any questions about this group, contact support group facilitator Jennifer Murrah at jennmurrah@gmail.com or (614) 756-9396.
- **PALATINE LIBRARY:** Located at 700 North Ct, Palatine, IL 60067. This group meets on the 1st and 3rd Wednesday of each month at 7:00pm. If you have any questions about this group, contact support group facilitator Judy Sturm at (847) 359-4140.
- **JOY LUTHERAN CHURCH: GURNEE, IL:** Located at 749 S. Hunt Club, Gurnee, IL 60031 at Joy Lutheran Church. This group meets every Monday at 7:00pm CT. You must arrive by 7:00pm, as doors are locked at all times (the church doors automatically lock). If you are late, call support group facilitator Michelle at (847) 715-8820 or Susan at (847) 691-4042 to get let in after 7pm. If you have any questions about this group, contact support group facilitator Michelle Kelly at dbsaofgurnee@gmail.com.
- **WESTMINSTER PRESBYTERIAN CHURCH: SPRINGFIELD, IL:** Located at 533 S. Walnut St., Springfield, IL 62704 at Westminster Presbyterian Church. This group meets every Thursday at 3:00pm CT. If you have any questions about this group, contact support group facilitator Barb at (217) 891-3869 or barbarawalz1951@gmail.com
- **ADVENTIST (Formerly AMITA) HEALTH - WESTMONT, IL:** Located at Advent Health (formerly AMITA) 740 Pasquinelli Drive Suite 104 (at the back of the building) Westmont, IL 60559.

DBSA GC

DEPRESSION & BIPOLAR SUPPORT ALLIANCE
GREATER CHICAGO

CURRENT SUPPORT GROUPS

IN PERSON

ANDERSONVILLE CHICAGO:
WEDNESDAYS 7PM

COLUMBUS, OHIO:
METROPOLITAN LIBRARY
2ND/4TH WEDNESDAYS 7PM

PALATINE LIBRARY: 1ST/3RD
WEDNESDAYS 7PM

GURNEE, IL: MONDAYS 7PM

SPRINGFIELD IL:
THURSDAYS 3PM

WESTMONT, IL: ADVENTIST
HEALTH: TUESDAYS 7PM

KENILWORTH, IL: KENILWORTH
UNION CHURCH: 2ND TUESDAY
7PM

WATERTOWN, WI: PARK HILL
APTS: 1ST & 3RD TUESDAY

WARRENVILLE, IL: THURSDAYS
IMMANUEL PRESBYTERIAN
CHURCH STARTING 6/22

ON ZOOM

SUNDAYS: 7PM
2ND & 4TH SATURDAYS:
10AM
RETURNING 7/8/2023

BLACK COMMUNITY
CURRENTLY PAUSED

AGES 50+ GROUP:
2ND & 4TH THURSDAYS
7PM

DETAILS AT:
[DBSA-GC.ORG/ONLINE-SUPPORT-GROUP](https://www.dbsa-gc.org/online-support-group)



Depression and Bipolar
Support Alliance
Greater Chicago

Questions?
wecanhelp@dbsa-gc.org

Support groups are free
and we welcome friends
and family

This group meets every Tuesday at 7:00pm CT. If you have any questions about this group, contact support group facilitator Norma Wimunc at nwimunc25@earthlink.net.

- **KENILWORTH UNION CHURCH - KENILWORTH, IL:** Located at 211 Kenilworth Ave., Kenilworth, IL 60043. This group meets once a month on the second Tuesday of each month at 7:00pm CT. If you have any questions about this group, contact support group facilitator Beth Palzat at (847) 909-3639 or eag_p@yahoo.com.
- **IMMANUEL PRESBYTERIAN CHURCH - WARRENVILLE, IL - just added!** Located at 29W260 Batavia Rd, Warrenville, IL 60555 at the Immanuel Presbyterian Church. This group will meet weekly every Thursday at 2:00pm CT. If you have any questions about this group, contact support group facilitator Bob Bendorf at (630) 791-8064 (home number)
- **WATERTOWN GROUP: WATERTOWN, WI - Just added!** Located at the Park Hill Apartments first floor meeting room at 1121 Highland Ave., Watertown, WI 53098. This group meets twice a month on the 1st and 3rd Tuesday of each month from 6:30pm - 8:00pm CT. The door automatically locks, so please do not arrive later than 6:30pm. Attendees are encouraged to arrive between 6pm and 6:30pm. If you have any questions about this group, contact support group facilitator Ruth at db sawatertownwi@gmail.com or (920) 206-4642.

The Spectrum

Thank you for reading! Got Spectrum Newsletter Feedback? Do you like what you are reading and/or do you want more? We would love to hear what's on your mind. Please reach out to us if there are topics and ideas you would like to include or share in the next quarterly Spectrum. Anything goes – events, memorials, celebrations, recognition, thank you's, etc.

2023 Remaining Spectrum Schedule

Q3: August-September

Q4: November-December: Holiday Spectrum

If you'd like to submit an article, event, celebration, recognition, etc. to be included in our Spectrum, please submit to Bridget@dbsa-gc.org and we'll be happy to review!

Get in Touch with Us

If you are feeling alone, please know we're here to support you. Your recovery matters to us. If you're experiencing a difficult time, please reach out and we'll do what we can to help you get back on track. For questions on our peer lead support groups or anything else on your mind, or to get more involved, please reach out to us at: wecanhelp@dbsa-gc.org and visit dbsa-gc.org. We'd love to speak with you and build our community foundation stronger.

Wrap Up

Thank you for reading! We look forward to staying connected this year. Please reach out to DBSA-GC. We also welcome contributions.

For future Spectrum newsletters, if you want to share an article, testimonial or photo, please submit it to Bridget@dbsa-gc.org.

Stay well and connected with us,

DBSA Greater Chicago Board

www.dbsa-gc.org