



Group Hope Dixon chapter

Depression and Bi-polar Disorder support alliance
No-charge, families welcome

Our mission is to offer people suffering clinical Depression or Bipolar Disorder time and places to talk with groups of people who understand. These interested people are able to help and support each other.

Non-judgmental—
come to be heard, understood and accepted.

Group Hope of Dixon meets from 6:00 - 7:30
on the 1st and 3rd Tuesday of every month
at the Dixon Office of Sinnissippi Centers
(325 Illinois Route 2)

People suffering from depression and bipolar disorder need validation, acceptance, comfort and kindness shown to them.

Group Hope of Dixon offers the following descriptions of a mutual help (sometimes called “support”) meeting:

- It’s the group where, “You’re not alone.”
- It’s the “be around some safe people group.”
- It’s the “I care about them in the group...group.”

For additional information regarding Group Hope of Dixon call either:

Dr. Charles Smith: (815) 398-9628

Alisa Wolf: (815) 284-6611



We’ve been there. We can help.