Support Groups at Intermountain Hospital

303 North Allumbaugh

Boise, Idaho 83704

208-377-8400

1) Because I Love You: A free parent support group held every Tuesday from 7:00-9:30 at Intermountain hospital. Tough love Group: This group will help you find answers to some of these frequently asked questions: Why don't they listen to the rules? How can I tell if my child is using or has used illegal substances? Is there help from the school system? Juvenile Justice System, Friend or Foe? My child won't follow curfew. What can I do? For more information: Leone: 208-484-1541. Alice: 208-461-3385. Donna: 208-345-1539

2) <u>Depression and Bipolar Support Group</u>:

Meeting every Monday night at Intermountain Hospital at 7:00 P.M. This group improves the
lives of people with mood disorders and for individuals and their family members. "The grand
essentials of happiness are: something to do, something to love, and something to hope for."
This group is a peer-led support group with education, empowerment, advocacy, sharing,
recovery, friendship, confidentiality and group activities. Contact person is Maggie M. at 208794-8505.

3.) <u>Dual Recovery Anonymous Meeting:</u>

- This is a 12 step self-help program that is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives. In a community of mutual support, we learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of our emotional or psychiatric illness.
- This is a non-profit organization. No charges, dues or fees and newcomers do not need a referral
 from a professional service provider. There are only two requirements for this no cost group: 1.
 A desire to stop using alcohol and other intoxication drugs. 2. A desire to manage our emotional
 or psychiatric illness in a healthy and constructive way.
- Contact person is Frank at 345-3396. <u>Http://www.draonline.org</u> Meetings are every Thursday at 6:00 PM to 7:00 PM.