

Bipolar Support Group

The Bipolar Support Group is designed to help you connect with others who are living with this challenging diagnosis and learn skills for self-care. This group is for those at any stage of coping with this condition. It encourages:

- Sharing ideas and experiences
- Mutual support and connection
- Developing tools for healthy living and self-care

Fees covered in part by most insurance plans. Please contact your insurance provider for information about coverage. To find out if this group is a good fit for you, call 425-339-5453.

**Locations
and times
available
online!**



99-427 8/17s