

East Texas Depression & Bipolar Group

Tyler Texas, October 2005 Newsletter



We always meet at ETMC Behavioral Health Center cafeteria at 4101 Spur 248, Tyler Texas (across from UT Tyler). Our meetings are always the 2nd Thursday of each month at 6:45 PM. We have no membership dues, so just come and enjoy our group.

I can send this newsletter by email if I have your address.

Thanks to Joyce Foreman, who spoke at the July meeting on "How to Manage Your Illness Without it Managing You."

At the October 13 meeting, we will have a speaker, Betty Johnson, who will speak on "Advocacy for Mental Health Services".

At the November 10 meeting, we will watch a video called "Afraid of People" about Social Anxiety Disorder.

At the December 8 meeting, we will have our annual Christmas party. People are encouraged to bring snack food such as chips or cookies.

Mark Lloyd, president 903-657-9438
Shirla Whittaker, vice president 903-593-3885
Mary Mathison, secretary

Web page:
<http://notstupid.laughingsquid.com/etdbg.html>

