



MDDA-RI is a confidential, peer-run mutual support group. It meets every Tuesday night from 7:00 p.m. to 8:30 p.m. on the second floor of the Ray Conference Center at Butler Hospital, 345 Blackstone Blvd. in Providence, and every 2<sup>nd</sup> and 4<sup>th</sup> Saturday from 10:00 a.m. to 12:00 p.m. on the first floor of the Ray Conference Center at Butler Hospital, 345 Blackstone Blvd. in Providence.

MDDA-RI support group meetings are open to anyone living with depression, bipolar disorder, or any other mental illness. There is no charge for attending meetings.

Meetings are conducted by trained peer facilitators, who believe in and are working on their own recovery.

Mailing address:  
PO Box 28  
Pascoag, RI 02859  
Phone: 401-309-7575  
(Announcement Only)  
[www.mdda-ri.org](http://www.mdda-ri.org)

## **MDDA-RI**

*(formerly the Manic Depressive  
and Depressive Association of  
Rhode Island)*

## **Support Group Information**



**All are welcome!**



## **MDDA-RI**

MDDA-RI provides a confidential, recovery-oriented environment for people who live with mood and other disorders to come together and share encouragement, coping strategies and support.

Meetings are open to the public and free of charge. Butler Hospital has generously donated space in the Ray Conference Center, for our weekly and bi-monthly meetings.

Groups are conducted by teams of trained support group facilitators who are non-professional peers. MDDA-RI is very much a self-help style support group.

## **BASIC GUIDELINES**

- 1./ Respect confidentiality; what is said here, stays here.
- 2./ Let speakers finish what they are saying, before jumping in.
- 3./ Treat other members with respect.
- 4./ Understand that because of the nature of our illnesses, meetings can get very intense.
- 5./ Don't jump to conclusions about what other members are saying.
- 6./ We all benefit from one another's questions and thoughts. Don't shortchange yourself by waiting until the last 10 minutes of a meeting to bring up issues of cosmic importance.
- 7./ Don't monopolize the meeting--your problem may be incredibly important to you, but everyone else has a problem that is just as important to them as yours is to you.
- 8./ Turn your cell phone off or to silent.
- 9./ While it is okay to bring in a small snack or drink during the meeting, full meals are not allowed.

## **GOOD TO KNOW**

Whether you have been newly diagnosed, or have years of accumulated experience at living with mental illness, you are welcome to join us. We always recommend attending at least 3-4 meetings before deciding if MDDA-RI is right for you; each meeting is a different experience.

## **ALL ARE WELCOME**

We do not divide the group by diagnosis. We make our best effort to meet people where they are .

## **MDDA-RI**

MDDA-RI has been offering support for more than 20 years. It started off as the "Manic Depressive and Depressive Association of Rhode Island", and for many years was attended primarily by folks with mood disorders. MDDA-RI has grown, and welcomes people with all diagnoses.

