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**Subject:** April 2023 Synapse: DBSA is in full bloom with volunteers and peer support  
**Date:** April 26, 2023 at 3:33 PM  
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Find Community.  
Find Wellness.  
Find Hope.™

The Synapse

April 2023

## FIND COMMUNITY



### April is National Volunteer Month

DBSA was started more than 35 years ago by dedicated volunteers living with mood disorders. Our organization continues to stand tall because of all our volunteers' time, resources, and hearts. This month we're highlighting a few people we think went above and beyond as volunteers. Read more about some of DBSA's superstar volunteers!

[Read more](#)

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## FIND WELLNESS



### **New Identity- Focused Online Support Groups**

DBSA recognizes the unique ways that identity, culture, and access affect people living with mood disorders and strives to create safe and inclusive spaces for individuals to feel empowered on their own path to wellness. This month we've launched online support groups specifically for rural communities and parents and caregivers of children who were recently

recently diagnosed with a mood disorder. In 2023 and beyond, DBSA will continue to search for opportunities to launch support groups for historically marginalized communities in support of our commitment to diversity, equity, and inclusion to enhance mental wellness for all.

Join  
a  
group



**Self-Care  
for Parents  
and  
Caregivers:  
What  
Modeling  
Self Care  
Can Mean  
for Your  
Child**

As a parent or caregiver, prioritizing self-care can be difficult. Among so many other responsibilities, it may seem low on the list, but parents and caregivers often do not care for themselves in the same ways they care for their family members or