

OCD Foundation of Southern California presents

OCD and Spectrum Disorders Support Group (San Diego Mid-County)

(Previously known as “Fear and Loathing in San Diego”)

A professionally-assisted support group for:

- People with Obsessive-Compulsive Disorder, Trichotillomania or other Impulse-Control Disorders, Compulsive Hoarding, Body Dysmorphic Disorder, Hypochondriasis or Tourette's Disorder
- Family members of those listed above
- Friends, clinicians or students, and community members interested in learning about these problems and sharing their insights or information

Fee: Free (really - no charge!)

Meeting Days: Second and Fourth Fridays of each month

Features: Open Forum discussion, guest speakers, videos/films on OCD topics

Meeting Time: 7:00 to 8:30 pm

Meeting Place: Mesa Vista Hospital, Kearny Mesa (Day Treatment Lounge) 858-278-4110
7850 Vista Hill Avenue, San Diego, CA 92123

Directions: Take Highway 163 to Genesee, go East. Turn left at Health Center Drive, and then turn right at Vista Hill Ave. The hospital is on the immediate left of the road. Ask the receptionist for the OCD meeting or the Day Treatment Lounge.

For specific information, call the OCD Info Line at 858-457-8428.

We will **NOT** be meeting on the following Fridays of 2011:

April 29, 2011* July 29, 2011* September 30, 2011*

November 25, 2011 December 23, 2011 December 30, 2011*

*Denotes fifth Friday of the month, not a regularly scheduled meeting time.