

The OCD Foundation of Southern California presents

OCD and Spectrum Disorders Support Group

San Diego Mid-County

A *free*, professionally-facilitated support group for

- people with:
 - Obsessive-Compulsive Disorder
 - Trichotillomania and other Impulse-Control Disorders
 - Compulsive Hoarding
 - Body Dysmorphic Disorder
 - Hypochondriasis
 - Tourette's Disorder

and their family members and friends

- clinicians or students, and community members interested in learning about these disorders and sharing their insights or information

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

Days: Second and Fourth Fridays of each month

We do **not** meet on the fifth Friday of any month, nor on the fourth Friday in November (because of Thanksgiving) nor the fourth Friday in December (because of Christmas).

Time: 7:00pm to 8:30pm

Place: Sharp Mesa Vista Hospital (Day Treatment Lounge)
7850 Vista Hill Avenue
San Diego, California 92123 (Kearny Mesa)
858.278.4110

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

For additional information, call the OCD Info Line at 858.457.8428