

“Fear and Loathing in San Diego”

OC Spectrum Disorders Support Group (San Diego Mid-County)

A professionally-assisted support group for:

- people with Obsessive-Compulsive Disorders, Trichotillomania or other Impulse-Control Disorders, Body Dysmorphic Disorder or Tourette’s Disorder
- family members of those listed above
- friends, clinicians, and community members interested in learning about these problems and sharing their insights or information

Fee: Free (really – no charge!)

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

Meeting Days: Second and Fourth Fridays of each month

Meeting Time: 7:00 pm to 8:30 pm

Meeting Place: Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
Kearny Mesa (858.278.4110)

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

For specific information, contact Jim Hatton at 858.457.8428.

We will not be meeting on the following Fridays of 2010:

29 January 2010	fifth Friday of the month
30 April 2010	fifth Friday of the month
18 June 2010	travel
30 July 2010	fifth Friday of the month
29 October 2010	fifth Friday of the month
26 November 2010	second Friday in November
24 December 2010	second Friday in December