

# OCD and Spectrum Disorders Support Group

## San Diego Mid-County

A free, professionally-facilitated support group for

- people with:
  - Obsessive-Compulsive Disorder
  - Hair-Pulling, Skin-Picking, 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:** January – May: Second and Fourth Fridays  
June – August: Second Friday  
September – October: Second and Fourth Fridays  
November – December: Second Friday

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

**Place:** Sharp Mesa Vista Hospital (Sequoia Group Room)  
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 the Sequoia Group Room.

**For additional information, call the OCD Info Line at 858.457.8428**