

ST. LOUIS OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP

Meetings are held every 3rd Saturday at **Missouri Baptist Medical Center-Auditorium 1**. Signs will be posted to direct you to the meeting room. Meetings start at **10:00 a.m.** with a speaker, followed by the support group from 11:00 am to noon. There is a short coffee break between the speaker and support group. Refreshments are provided. Meetings are FREE, confidential, and open to people with OCD, their family, and friends. For more information call 314-291-7556, visit our website at www.stlocd.org, or e-mail us at stlocd@swbell.net. You can follow us on Facebook at **St. Louis OCD Support Group and Resources**.

January 21, 2017

Rev. David Novak, STL OCD Group supporter

Celebrities with OCD

February 18, 2017

Laura Chackes, Psy.D, Center for Mindfulness and CBT

Mindfulness and Acceptance Commitment Therapy (ACT)

March 18, 2017

Dr. Michael Thompson, Vibrant Living Chiropractic

Nutrition and Exercise for Mental Health