

ST. LOUIS OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP

Meetings in **Jan. & Feb.** will be held at **Mercy Hospital on 615 S. New Ballas Rd.** Signs will be posted to direct you to the meeting room. In March we will be back to **Missouri Baptist Medical Center-Auditorium 1.** 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. Meetings are FREE, confidential, and open to people with OCD, their family & 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, 2018 ***Note: meeting is at Mercy Hospital**

Beth Brawley, MA, LPC, Life without Anxiety, LLC

Relationship OCD

February 17, 2018 ***Note: meeting is at Mercy Hospital**

Diane Prost, M.Ed., NCC, LPC, Prost Counseling Services, LLC

Shields of Shame

March 17, 2018 ***Note: meeting is back to Missouri Baptist**

Gary Mitchell, LCSW, St. Louis Behavioral Medicine Institute

Coping Strategies for OCD – Healthy vs. Unhealthy