

ST. LOUIS OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP

Meetings are held at **Missouri Baptist Medical Center-Auditorium 1**. We 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**.

July 21, 2018

Heartfulness Institute

"Heartfulness, Relaxation & Meditation"

August 18, 2018

C. Alec Pollard, Ph.D, St. Louis Behavioral Medicine Institute

"Dysfunctional Perfectionism"

September 15, 2018

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

Update/recap from 2018 International OCD Foundation Conference