

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.

January 18, 2020

Sandy Carusa, PHD

Mindfulness: An Introduction

February 15, 2020

Jennifer Gerlach, LCSW

Living with Anxiety

March 21, 2020

Gary Mitchell, LCSW

Scrupulosity