

OCD and Spectrum Disorders Support Group

(San Diego Mid-County)

(Previously know as “Fear and Loathing in San Diego”)

A professionally-assisted support group for:

- People with Obsessive-Compulsive Disorder, Hoarding, Body Dysmorphic Disorder, Impulse-Control Disorders (hair pulling or skin picking), Hypochondriasis or Tourette's Disorder
- Family members and friends of those listed above
- Clinicians, students in related field of study, and community members interested in learning about these problems and sharing their insights or information

Fee: Free (really - no charge!)

Features: Open Forum discussion, guest speakers, videos/films on OCD topics

Meeting Days: Second and Fourth Fridays of each month (Second Fridays only during summer months of June, July and August, and holiday months of November and December)

Meeting Time: 7:00 to 8:30 pm

Meeting Place: Mesa Vista Hospital, Kearny Mesa (858-278-4110)
7850 Vista Hill Avenue **(Take Highway 163 to Genesee, go East. Turn left at Health Center Drive, and then turn right at Vista Hill Ave. The hospital is on the immediate left of the road. Ask the receptionist for the OCD meeting or the Day Treatment Lounge)**

For specific information or questions, call the OCD Info Line at 858-457-8428.