

Dr. Turovsky Speaks on OCD and the Family

Dr. Julia Turovsky presented on the topic of OCD as it relates to family and marital issues at the December meeting of the NJOCF. Dr. Turovsky began with several case examples of the ways in which OCD affects not only the sufferer, but the entire household. She emphasized ways in which partners, spouses, parents, and even children sometimes need to accommodate the symptoms of OCD when someone is affected. For example, she discussed one client's request for everyone in the family to take their shoes off before entering the house due to fears of contamination. She also talked about the anger, guilt, and frustration that are often experienced by loved ones of the OCD sufferer. She recommended acknowledging these feelings and making peace with the fact that they exist.

Dr. Turovsky also discussed ways family members and loved ones can participate in exposure and response prevention treatment. She highlighted the need to be "invited" by the OCD sufferer, and to not push when the individual with OCD is not ready. One important variable in treatment participation includes the notion of working through the exposure hierarchy in the same gradual manner as the person suffering, and not to push for what the person cannot yet do. Conversely, Dr. Turovsky stressed the idea that loved ones need to give themselves permission to lead their own lives and to not feel pressured to

participate in the OCD rituals. For example, if the individual suffering with OCD wants their spouse to check all the doors and locks before going to bed, the spouse can simply say "I do not wish to do that", rather than comply for fear of increasing anxiety.

Dr. Turovsky emphasized that OCD affects the dynamics of the family, marriage, and general system of living within any given household when one member is affected by OCD. Identifying ways this occurs is one important step in being able to manage the stress associated with OCD. Finally, she stated that individual therapy for loved ones or couples counseling may sometime be a welcome and useful addition to the treatment the individual with OCD may be receiving.



Dr. Julia Turovsky is the associate director of the anxiety disorders clinic at Rutgers University. She is also in private practice in East Brunswick, NJ and specializes in treatment for OCD and related disorders. She can be contacted by phone at (732) 238-8988 or e-mail at jturov@rci.rutgers.edu.

ROY C., FOUNDER OF OBSESSIVE COMPULSIVE ANONYMOUS, TO SPEAK ON MARCH 13

Our next quarterly meeting will be held on Monday, March 13, 2006 at 7:00 p.m. It will be held at our usual meeting location, Robert Wood Johnson Hospital in New Brunswick and directions are posted later in this newsletter. The presenter for the evening will be Roy C., founder and principal architect of Obsessive Compulsive Anonymous, an international support/self-help program for those with OCD. Also recovering from OCD, he has taken his experience on the road to help others and their families since 1988. In addition, he has authored the book, *Obsessive Compulsive Disorder, A Survival Guide for Family and Friends*, as well as most of the Obsessive Compulsive Anonymous program literature. He speaks regularly at the National OC Foundation Annual Conference, where he also holds workshops for those with OCD. Roy is married with two children and works as an optometrist in his non-anonymous life. Please join us in what should be a wonderful and informative evening. Thanks!

PRESIDENT'S MESSAGE



I hope everyone enjoyed the recently passed Holiday season. We are now looking forward to making 2006 a banner year for the New Jersey

Obsessive Compulsive Affiliate. You can all help us in realizing this goal by volunteering to distribute our Affiliate brochures to all of your local libraries, hospitals, treatment providers, (i.e., Psychologists & Psychiatrists), social workers, schools, pharmacies, support groups, and houses of worship, etc.

For those of you who are especially satisfied with the professional treating you, if you please let us know who they are so that others may also benefit from their expertise and treatment. You are especially invited to "network" this information with everyone at our March 13th meeting or call me personally at 732-828-0099.

Hope to see you all in March.

President Ina Spero

Want to help with Fundraising?

Please bring all old or broken cell phones to donate to charity and help raise funds for the NJ OCF!

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 401-2070
Fax: (203) 315-2196

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

\$

YOU CAN HELP...

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

Disclaimer

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

NJ OCF MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

NJ OCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President, Newsletter Editor
Judy Cohen - Secretary
Dr. Rachel Strohl - Recording Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Steven I. Dyckman, M.D. - Advisory Board member

Children with Body Image Problems

It is very common among children and adolescents to have concerns about appearance. On occasion, appearance concerns become excessive- leading to significant distress for the child (and family). In addition, significant impairment in school and social functioning can result.

Body dysmorphic disorder (BDD) is characterized by having extreme concerns and preoccupations with a slight or imagined "defect" in one's appearance. Most adults seeking treatment for BDD admit the problems began in childhood/adolescence. Appearance concerns can involve any body part- including the skin, nose, hips, thighs or hair. These appearance concerns are accompanied by behaviors such as frequent mirror checking, camouflaging (with clothes, makeup) the perceived problem, avoidance of public places and frequent consultations with plastic surgeons or dermatologists.

Individuals with BDD are often so self-conscious about the "deformity" that they avoid disclosing their problem to others. Thus, it is an easy problem to miss. Children and adolescents with BDD will frequently make excuses to avoid school, work and social situations because of their significant distress related to appearance concerns.

Very little is known about what treatments are effective for children and adolescents with BDD. Research is greatly needed to answer this important question. Currently, three renowned specialists with world-class expertise in

treating BDD are conducting a free evaluation and medication treatment study for pediatric BDD.

Specifically, Dr. Eric Hollander at the Mount Sinai School of Medicine in NYC, Dr. Katharine Phillips at Butler Hospital/Brown University Medical School in Providence, RI and Drs. Sue McElroy & Brian McConville from the University of Cincinnati in OH are collaborating on this important BDD project. If you or your child are interested in participating or learning more about the program, please call one of the program coordinators listed below.

Suah Kim
Mount Sinai School of
Medicine/City/State:
New York, NYTel: (212) 369-5123
E-mail: suah.kim@mssm.edu
Website: www.mssm.edu/psychiatry/ciadp

Mary Walters
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Website:
www.bodyimageprogram.com

Judy Depew
University of Cincinnati/City/State:
Cincinnati, OH
Tel: (513) 558-3991
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judy.depew@psychiatry.uc.edu

Dr. Strohl Presents to Schools about OCD

One of the missions of the National Obsessive Compulsive Foundation is to educate the public and professional communities about OCD; specifically, the organization has set on its agenda the education of educators with regards to the identification, assessment, and referral of school-age children.

My name is Rachel Strohl, Psy.D., and I would like to discuss one of the ways this mission has been implemented in New Jersey. As a Board Member of the New Jersey Affiliate of the Obsessive Compulsive Foundation, I have been reaching out to local school systems and speaking to educators about children and OCD.

The presentation takes ten minutes. Audiences have included teachers at faculty meetings, and guidance personnel and child study team members at training workshops. Copies of several publications are provided that illustrate children discussing their experience having OCD, as well as practical guidelines for educators identifying and managing their students' OCD in the classroom. This talk and the materials are offered free of charge in the hope that early identification of this disorder in children will lead to early intervention.

You can help NJOCF extend the National OCF mission in several ways. Provide us with a contact person in your local school system. Inform us about schools that may be interested in this presentation. Get involved by offering to do the presentation yourself. Please contact me directly at (732) 390-6694 x3 or rstrohl@verizon.net.



Nine Months

As young girls, we picture the process of having babies as one that will be nothing other than beautiful and easy. An individual never imagines herself pregnant, dealing with the mental and physical effects of hormones and stress. However, as a sufferer of OCD, my experience as a pregnant woman was somewhat terrifying. I attribute this to a few factors: my then lack of knowledge concerning pregnancy and medication, a slight scare that occurred at the beginning of my first trimester involving a large ovarian cyst, and certain stressful situations (moving, living at someone else's home) taking place in my life during this time period. Whatever the causes may have been, these nine months were, without question, the most frightening and depressing of my entire life. Yet sitting here with a healthy, beautiful baby girl, I am able to acknowledge and appreciate that my life has, in certain ways, been enriched by overcoming such a traumatic experience.

I have suffered with bouts of OCD since I was a sophomore in college. Usually, the content was about illness and was short-lived. I would get tested for some disease, and the results, which allowed me to discover the "unknown," would mitigate my fears.

During pregnancy, however, there are constant "unknowns." Is the baby still alive even though I cannot feel it? Have I harmed the baby from something I have done? These questions, as anyone plagued with OCD knows, can haunt an individual tirelessly, turning one's days and nights into bottomless pits of wonder. It was awful. When I should have been reveling in the fact that I was able to get pregnant so quickly and was having relatively little morning sickness, I was constantly petrified, making this experience harrowing for everyone around me.

Once I could feel the baby moving on a consistent basis, my OCD, being sly and insidious, morphed from being about the baby's well-being to something even more far-fetched. I was convinced something would occur resulting in my inability to be with my child once she was born. I would somehow get into trouble, and the result would be catastrophic. Every situation turned into a nightmarish event. I could no longer go to work, out in public, or even speak to someone on the phone without thinking that I had said or done something horrific. It got to the point where I would lay in bed for hours replaying scenarios in my mind, just waiting to find out that I had in fact done something that would keep me from my child. As a person who is gentle, caring, and extremely good-natured, these ridiculous and imaginary thoughts were torturous for me to endure.

Finally, I went back on a small dose of medicine. My family aided me in finding the name of an OCD specialist. My husband, who had been greatly affected by my condition, yet attempted to remain understanding and supportive, agreed to come with me to therapy sessions while I began the rehabilitation process. Every day was a struggle. Now almost into my third trimester of pregnancy, I slowly began to face my fears. I would go out in public for brief periods of time, drive short distances, and make some phone calls. I began to prepare for motherhood: registering for baby gear, attending Lamaze and infant care classes, and touring the hospital. Each outing felt like I was climbing a mountain. Each phone call felt as though I was running through oncoming traffic. I constantly felt as if I was exposing myself to precarious situations. Yet I was proud and impressed by how brave I was being, even if those around me could not understand the fear that entrapped me every time I left the house or spoke to someone.

Once my daughter was born, I was able to care for her and love her. I was finally able to enjoy moments of sunshine, even if they were surrounded by patches of clouds. Now that I am on a higher dose of medicine, feeling comfortable in my new home, and have developed a routine as a new mom, life is good. I still live with OCD, but these episodes are controllable and infrequent. I also now have an overwhelming appreciation for the things which I once took for granted: going out for a cup of coffee and being able to concentrate on a book or magazine, having a phone conversation and concentrating on the content rather than dwelling on what bad thing I may have said, and playing with my daughter while feeling OCD-free. My relationship with my husband, which I truly believed was in jeopardy while in the midst of my crisis, is stronger and better than it ever has been. I feel more connected than ever with my friends and family members, as they continued to stand by my side while I fought hard against a strong adversary, and as I am now able to be unconditionally accepting and empathetic to whatever plights they may encounter. Finally, as a mother, I am able to truly understand how precious every moment with my child is, and that I must always ensure that I raise my children to be tolerant and compassionate human beings. I am also more equipped for my next pregnancy, knowing that if I meet and speak with my psychiatrist, medicine can be a safe and effective way to cope with anxiety during these nine months. OCD, in its rawest state, can most definitely be a curse to any and all afflicted. However, when faced head-on, using the available tools of therapy and medicine, it can turn into a disguised blessing, which, when embraced, can make life beautiful.

Danielle - Manalapan, New Jersey

SUPPORT GROUPS BEING FORMED FOR KIDS!

IN HIGHLAND PARK, NJ

FOR CHILDREN AGES 6 - ADOLESCENT

Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others.

Her address is: 328 Dennison Street, Highland Park
For more information, please call: (732) 418-0707

IN BRIDGEWATER, NJ

**When: Every 2nd Wednesday of the month
from 7:00 to 8:30 p.m.**

**Where: Richard Hall Community Mental
Health Center
500 North Bridge Street,
Bridgewater, NJ
(Across from the Somerset County
Library)**

- **Meet in Richard Hall Conference
Room, First Floor**

Cost: FREE and no appointment necessary

Call: (908) 229-1367

**For Information:
E-mail: ocdhelp4kids@yahoo.com**

NJ OCF Newsletter Has a Subscription Fee!

After careful budget review, the NJ OCF has come to realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2006 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to:
CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

However, if you would like to receive the newsletter by e-mail, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

We at the NJ OCF appreciate your continued support and interest in OCD.

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**Therapy Groups for
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for more information**

***If interested, phone Dr. Strohl immediately
at 732-390-6694 x3
Or email us your information as instructed on our
website***

This is a paid advertisement

**SAVE THE DATE!
FOR THE 2006 MEETINGS!**

The New Jersey Affiliate of the Obsessive
Compulsive Foundation will have its quarterly
meetings on the following Monday evenings:

FREE! FREE! FREE!

**March 13
June 12
September 11
December 11**

Please plan to join us! Our meetings begin at 7:00
p.m. and will be held at Robert Wood Johnson
Hospital in New Brunswick, NJ. We hope to see
you there!

THANK YOU!

**To All Who Made a Donation
to the NJ OCF with Their
2006 Newsletter
Subscription Payment!**

SPECIAL THANKS TO:

**Ms. Huber and Mr. Brooks
for their significant donation!**

***New Support Group for
Adolescents Being Formed***

My name is Laura and I am now 18 years old, but I was diagnosed with OCD when I was fourteen. My mom and I searched for support groups in the area but could not find a single one. I had been going to therapy, which helped a great deal, however, I was looking for support from kids my own age as well. I was told that OCD was not as uncommon and that I wasn't as abnormal as I once thought. I still felt pretty alone, however, and wanted to meet other people my age who were experiencing what I was. This is why I am putting together, with help from the New Jersey OCF, a support group for adolescents ages 13-19, with OCD. This is an opportunity for teens to share their stories with one another, support each other, and realize that they're not alone. Meetings will be held on Wednesdays at 3:00 p.m. at the Hazlet Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygr116@hotmail.com or 908-461-5530.

WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJ OCF to help create more of these groups. We at NJ OCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732-828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.

4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. **WE ARE HERE TO HELP!**

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

SUPPORT GROUP IN ATLANTIC COUNTY AREA

A support meeting is held the last Thursday of each month at 7:30 p.m. at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on White Horse Pike (Route 30). Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

NEW OCA SUPPORT GROUP IN MATAWAN

There is a new OCA support group that meets in Matawan, New Jersey every Sunday of the month from 7:00 to 8:00 p.m. Meetings will be held at the First Presbyterian Church, Room 201, 883 State Highway 34 East and Franklin Street, Matawan, NJ. For information on this support group, please contact Matt C. at (732) 331-6494.

SUPPORT GROUP IN BERGEN COUNTY

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

Princeton Area Group Wants Participants

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should e-mail griffith@princeton.edu.

SUPPORT GROUP IN BOONTON

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information please call the new number at (862) 268-6397.

NJ OCF VIDEOTAPES - ON SALE BUY 1 GET 1 FREE!

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJ OCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00_____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00_____
"Flying Towards the Darkness", NJ OCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJ OCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJ OCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$15.00_____
"Medications and OCD", Dr. Rita Newman	\$15.00_____
"OCD", Dr. William Gordon	\$15.00_____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00_____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessice Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____
"Hoarding", Dr. Dena Rabinowitz	\$15.00_____
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D	\$15.00_____
"Using Scripts to Counter the Voice of OCD", Jonathan Grayson, Ph.D Part I - NJOCF 5th Annual Conference	\$15.00_____
"Panel of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00_____
NJOCF - 5th Annual Conference, Parts I and II	\$25.00_____

Add \$3.95 each for S & H: _____@\$3.95 ea_____ Your Total cost:_____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873-2951
 Questions? Call Ina Spero at 732-828-0099

Name _____

Address _____

City _____ State _____ Zip Code _____

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, March 13, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

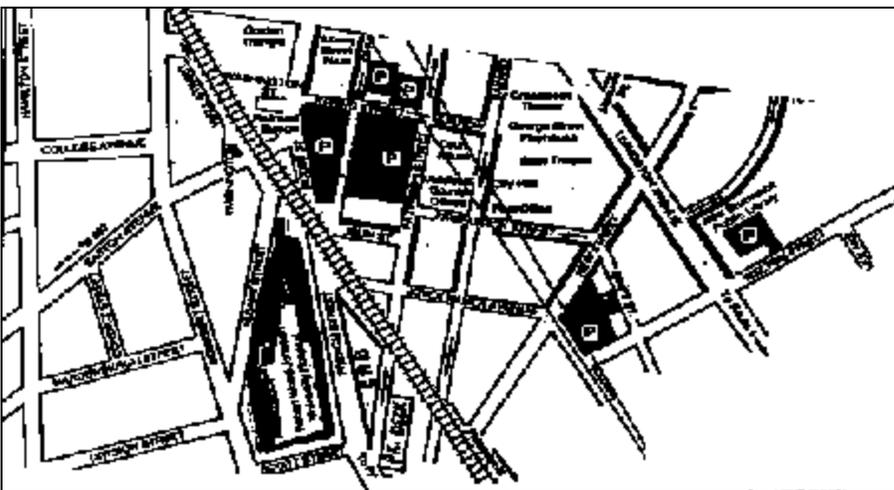
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

NOTICE NOTICE NOTICE NOTICE

Obsessive-Compulsive Disorder Support Groups

Berkeley Heights (O.C.A.)	(908) 464-1807
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Montclair	(973) 472-8215
Boonton Township	(862) 268-6397
Howell	(848) 702-5044
Matawan	(732) 331-6494
Pomona	(609) 266-3666

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