

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ January 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	<b>11 OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F CANCELLED DUE TO WEATHER	<b>12 TTM Group</b> Cancelled due to loss of venue	13	14	15	16
17	18	<b>19 OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	<b>20 What is Trich? Free public talk</b> 7:00 - 8:30 pm St. Patrick's Lecture Theater	21	22	23
24	<b>25 OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	<b>26 BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	27	28	29	30

~ January 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	<b>Notes:</b> Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.					

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar February 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 OCD Support Group</b> <b>8.00 -9:30 pm</b> St Pat's Hospital <b>Room F</b> (make up group from Jan)					
7	<b>8 OCD Support Group</b> <b>8.00 -9:30 pm</b> St Pat's Hospital <b>Room F</b>	<b>9 TTM Group</b> 7:30 - 9 pm @ St. Pat's Hospital Room B	10	11	12	13
14	15	<b>16 OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	<b>17 What is BDD? Free public talk</b> 7:00 - 8:30 pm St. Patrick's Lecture Theater	18	19	20
21	<b>22 OCD Support Group</b> <b>8.00 -9:30 pm</b> St Pat's Hospital <b>Room F</b>	<b>23 BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	24	25	26	27
28	<b>Notes: Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</b>					

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar March 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	9 <b>TTM Group</b> 7:30 -9 pm @ St. Pat's Hospital Room B	10	11	12	13
14	15	16 <b>OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	17	18	19	20
21	22 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	23	24 <b>What is Health Anxiety and its Treatment?</b> Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	25	26	27
28	29	30 <b>BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	31	Notes: Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.		

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar April 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	<b>12 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F</b>	<b>13 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B</b>	14	15	16	17
18	19	<b>20 OCD, Trich, BDD Family &amp; Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B</b>	<b>21 Mindfulness with OCD, BDD and Trich Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater</b>	22	23	24

~ WinCalendar April 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	<b>26 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F</b>	<b>27 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B</b>	28	29	30	<b>Notes:</b> <b>Please see</b> <a href="http://www.ocdireland.org">www.ocdireland.org</a> <b> for</b> <b>more details</b> <b>about the</b> <b>support</b> <b>groups. The</b> <b>information,</b> <b>including</b> <b>any updates,</b> <b>can be found</b> <b>under the</b> <b>'Support</b> <b>Group'</b> <b>heading.</b>

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar May 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	<b>10 OCD Support Group</b> <b>8.00 -9:30 pm</b> <b>St Pat's Hospital Room F</b>	<b>11 TTM Group</b> <b>7:30 -9 pm @</b> <b>St. Pat's Hospital Room B</b>	12	13	14	15
16	17	<b>18 OCD, Trich, BDD Family &amp; Carers Support Group</b> <b>7:30 - 9:00 pm</b> <b>St Pat's Hosp Room B</b>	<b>19 Cognitive Behavioural Therapy for BDD and Trich</b> <b>Free public talk</b> <b>7:00 - 8:30 pm</b> <b>St. Patrick's Lecture Theater</b>	20	21	22
23	<b>24 OCD Support Group</b> <b>8.00 -9:30 pm</b> <b>St Pat's Hospital Room F</b>	<b>25 BDD Support Group</b> <b>7:30 - 9:00 pm</b> <b>St Pat's Hosp Room B</b>	<b>26 Film: A Bad Hair Life</b> <u>Time/Date: 7 – 9 pm on Wednesday, May 26<sup>th</sup>, 2010</u> <u>Where: St. Pat's Hospital Lecture Theatre</u> <u>Cost: Free!</u>	27	28	29

~ WinCalendar May 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	<p><b>Notes:</b> Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</p> <p>* The next free public lecture series is expected to begin in September 2010. Please consult the website to see the details.</p>				

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	9	10	11	12
13	14 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	15	16	17	18	19
20	21	22 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	23	24	25	26
27	28 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	29 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	30	<p><b>Notes: Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</b></p> <p><b>* The next free public lecture series is expected to begin in September 2010. Please consult the website to see the details.</b></p>		

**2010 Year Calendar for OCD Ireland Groups and Free Public Talks**  
 (updated: 8/3/10)

~ WinCalendar July 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 <b>OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F</b>	13 <b>TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B</b>	14	15	16	17
18	19	20 <b>OCD, Trich, BDD Family &amp; Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B</b>	21	22	23	24
25	26 <b>OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F</b>	27 <b>BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B</b>	28	29	30	31

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

*~ WinCalendar August 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	10 <b>TTM Group</b> 7:30 -9 pm @ St. Pat's Hospital Room B	11	12	13	14
15	16	17 <b>OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	18	19	20	21
22	23 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	24	25	26	27	28
29	30	31 <b>BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	<p><b>Notes:</b> Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</p> <p>* The next free public lecture series is expected to begin in September 2010. Please consult the website to see the details.</p>			

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar September 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	14 <b>TTM Group</b> 7:30 -9 pm @ St. Pat's Hospital Room B	15 <b>Cognitive Behavioural Therapy for Obsessive Compulsive Disorder</b> Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	16	17	18
19	20	21 <b>OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	22	23	24	25
26	27 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	28 <b>BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	29	30	<b>Notes: * Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</b>	

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar October 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	12 <b>TTM Group</b> 7:30 -9 pm @ To Be Announced	13	14	15	16
17	18	19 <b>OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	20 <b>What is OCD from a psychiatrist's perspective</b> Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	21	22	23
24	25 <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	26 <b>BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	27	28	29	30
31	<p><b>Notes:</b> * Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</p>					

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar November 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	<p><b>8 OCD Support Group</b>  <b>8.00 -9:30 pm</b>  <b>St Pat's Hospital Room F</b></p>	<p><b>9 TTM Group</b>  <b>7:30 -9 pm @ To Be Announced</b></p>	10	11	12	13
14	15	<p><b>16 OCD, Trich, BDD Family &amp; Carers Support Group</b>  <b>7:30 - 9:00 pm</b>  <b>St Pat's Hosp Room B</b></p>	<p><b>17 What is OCD from a psychiatrist's perspective</b>  <b>Free public talk</b>  <b>7:00 - 8:30 pm</b>  <b>St. Patrick's Lecture Theater **</b>  <i>To be confirmed</i></p>	18	19	20
21	<p><b>22 OCD Support Group</b>  <b>8.00 -9:30 pm</b>  <b>St Pat's Hospital Room F</b></p>	23	<p><b>24 What is OCD from a psychiatrist's perspective</b>  <b>Free public talk</b>  <b>7:00 - 8:30 pm</b>  <b>St. Patrick's Lecture Theater **</b>  <i>To be confirmed</i></p>	25	26	27

~ WinCalendar November 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	<p>Notes: * Please see <a href="http://www.ocdireland.org">www.ocdireland.org</a> for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading.</p> <p>** IMPORTANT: The date for the free public talk, either November 17<sup>th</sup> or November 24<sup>th</sup>, will be confirmed closer to the time. PLEASE check the website for details.</p>			

## 2010 Year Calendar for OCD Ireland Groups and Free Public Talks

(updated: 8/3/10)

~ WinCalendar December 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> OCD, TTM and BDD and the impact on the family Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>OCD Support Group</b> 8.00 -9:30 pm St Pat's Hospital Room F	<b>14</b> <b>BDD Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B  TTM Group 7:30 -9 pm @ To Be Announced	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> <b>OCD, Trich, BDD Family &amp; Carers Support Group</b> 7:30 - 9:00 pm St Pat's Hosp Room B	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>

~ WinCalendar December 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 <b>OCD Support Group - <u>No group tonight</u> due to Christmas Holiday. Next group is in January 2011.</b>	28	29	30	31	<b>Notes:</b> * The free public talk has not been scheduled yet. Please see <a href="http://www.ocdireland.com">www.ocdireland.com</a> for details.