

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	11 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F CANCELLED DUE TO WEATHER	12 TTM Group Cancelled due to loss of venue	13	14	15	16
17	18	19 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	20 What is Trich? Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	21	22	23
24	25 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	26 BDD Support Group 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	Notes: Please see www.ocdireland.org 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
	1 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F (make up group from Jan)					
7	8 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	9 TTM Group 7:30 - 9 pm @ St. Pat's Hospital Room B	10	11	12	13
14	15	16 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	17 What is BDD? Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	18	19	20
21	22 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	23 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	24	25	26	27
28	Notes: Please see www.ocdireland.org 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 March 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	9 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	10	11	12	13
14	15	16 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	17	18	19	20
21	22 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	23	24 What is Health Anxiety and its Treatment? Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	25	26	27
28	29	30 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	31	Notes: Please see www.ocdireland.org 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	12 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	13 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	14	15	16	17
18	19	20 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	21 Mindfulness with OCD, BDD and Trich Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	22	23	24

~ WinCalendar April 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	27 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	28	29	30	Notes: Please see www.ocdireland.org 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

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

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~ 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>Notes: Please see www.ocdireland.org 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
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~ WinCalendar July 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	13 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	14	15	16	17
18	19	20 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	21	22	23	24
25	26 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	27 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room 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 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	10 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	11	12	13	14
15	16	17 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	18	19	20	21
22	23 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	24	25	26	27	28
29	30	31 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	<p>Notes: Please see www.ocdireland.org 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 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	14 TTM Group 7:30 -9 pm @ St. Pat's Hospital Room B	15 Cognitive Behavioural Therapy for Obsessive Compulsive Disorder Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	16	17	18
19	20	21 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	22	23	24	25
26	27 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	28 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	29	30	Notes: * Please see www.ocdireland.org 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

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~ WinCalendar October 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	12 TTM Group 7:30 -9 pm @ To Be Announced	13	14	15	16
17	18	19 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	20 What is OCD from a psychiatrist's perspective Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	21	22	23
24	25 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	26 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	27	28	29	30
31	Notes: * Please see www.ocdireland.org 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 November 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	9 TTM Group 7:30 -9 pm @ To Be Announced	10	11	12	13
14	15	16 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	17 OCD in Kids and Teens Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater ** <i>To be confirmed</i>	18	19	20
21	22 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	23	24 OCD in Kids and Teens Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater ** <i>To be confirmed</i>	25	26	27
28	29	30 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	Notes: * Please see www.ocdireland.org for more details about the support groups. The information, including any updates, can be found under the 'Support Group' heading. ** IMPORTANT: The date for the free public talk, either November 17th or November 24th, will be confirmed closer to the time. PLEASE check the website for details.			

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
			1 OCD, TTM and BDD and the impact on the family Free public talk 7:00 - 8:30 pm St. Patrick's Lecture Theater	2	3	4
5	6	7	8	9	10	11
12	13 OCD Support Group 8.00 -9:30 pm St Pat's Hospital Room F	14 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B TTM Group 7:30 -9 pm @ To Be Announced	15	16	17	18
19	20	21 OCD, Trich, BDD Family & Carers Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	22	23	24	25

~ WinCalendar December 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 OCD Support Group - <u>No group tonight</u> due to Christmas Holiday. Next group is in January 2011.	28	29	30	31	Notes: