

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

**The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.*

~ 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	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

**The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.*

~ WinCalendar February 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	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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ 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	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

~ WinCalendar March 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	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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ 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	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

**The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.*

~ 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	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	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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ WinCalendar June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	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

~ WinCalendar June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

**The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.*

~ 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	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

**The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.*

~ 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	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

~ WinCalendar August 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31 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. * The next free public lecture series is expected to begin in September 2010. Please consult the website to see the details.			

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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ 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	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 September 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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. * The free public talk has not been scheduled yet.	

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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ 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	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	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

~ WinCalendar October 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 free public talk has not been scheduled yet.</p>					

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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ 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	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	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 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 free public talk has not been scheduled yet.</p>			

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

***The Trich Group has been postponed due to the closure of the Montrose Hotel. Please keep checking the website to see when the groups will resume in the new location.**

~ WinCalendar December 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 BDD Support Group 7:30 - 9:00 pm St Pat's Hosp Room B	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 - No group tonight due to Christmas Holiday. Next group is in January 2011.	28	29	30	31	Notes: * The free public talk has not been scheduled yet. Please see www.ocdirel and for details.