

2011 Weekly Calendar OCD Ireland Support Groups and Free Talks

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.

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Dec</u> <u>2010</u>	27	28	29	30	31	1	2
<u>Jan</u> <u>2011</u> * Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	3 Bank Holiday	4 OCD Group New!!! Room B 7.30 pm - 9:00 pm	5	6	7	8	9
	10 OCD Group Room F 8:00 pm - 9.30 pm	11 TTM Group Room B 7:30 pm - 9:00 pm	12	13	14	15	16
	17	18 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm - 9:00 pm	19 An overview of TTM St. Patrick's Lecture Theater 7 - 8:30 pm	20	21	22	23
	24 OCD Group Room F 8.00 pm - 9.30 pm	25 BDD Support Group Room B 7.30 pm - 9:00 pm	26	27	28	29	30
	31	1 OCD Group Room B 8-9:30 pm New!!!	2	3	4	5	6

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Feb 2011</p> <p>* Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.</p>	7	8 TTM Group Room B 7:30 pm – 9:00 pm	9	10	11	12	13
	14 OCD Group Room F 8:00 pm- 9:30 pm	15 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm- 9.00 pm	16 An overview of BDD St. Patrick's Lecture Theater 7 – 8:30 pm	17	18	19	20
	21	22 BDD Group Room B 7:30 pm- 9:00 pm	23	24	25	26	27
	28 OCD Group Room F 8:00 pm- 9:30 pm	1 OCD Group Room B 7:30 pm- 9:00 pm New!!!	2	3	4	5	6
<p>Mar 2011</p> <p>* Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.</p>	7	8 TTM Group Room B 7:30 pm- 9:00 pm	9	10	11	12	13
	14 OCD Group Room F 8:00 pm -9:30 pm	15 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm- 9:00 pm	16	17 Paddy's Day Bank Holiday	18	19	20
	21	22	23 An overview of OCD St. Patrick's Lecture Theater 7 – 8:30 pm	24	25	26	27

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	28 OCD Group Room F 8:00 pm-9:30 pm	29 BDD Group Room B 7.30 pm - 9.00 pm	30	31	1	2	3
Apr 2011 * Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	4	5 OCD Group Room B 7:30 pm -9:00 pm New!!!	6 An overview of Mindfulness St. Patrick's Lecture Theater 7 – 8:30 pm	7	8	9	10
	11 OCD Group Room F 8:00 pm -9:30 pm	12 TTM Group Room B 7:30 pm -9:00 pm	13	14	15	16	17
	18	19 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm	20	21	22 Bank Holiday Good Friday	23	24
	25 No OCD Group Bank Holiday Easter Monday	26 BDD Group Room B 7:30 pm -9:00 pm	27	28	29	30	1
May 2011 * Please see www.ocdireland.org for more details about the support groups and talks. All	2 Bank Holiday	3 OCD Group Room B 7:30 pm -9:00 pm New!!!	4	5	6	7	8
	9 OCD Group Room F 8:00 pm-9:30 pm	10 TTM Group Room B 7:30 pm -9:00 pm	11	12	13	14	15

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>updated will be put on the website.</p> <p>May 2011</p> <p>* Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.</p>	16	17 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm – 9:00 pm	18 An introduction to CBT with BDD & TTM St. Patrick's Lecture Theater 7 – 8:30 pm	19	20	21	22
	23 OCD Group Room F 8:00 pm-9:30pm	24	25	26	27	28	29
	30	31 BDD Group Room B 7:30 pm -9:00 pm	1	2	3	4	5
<p>Jun 2011</p> <p>* Please see www.ocdireland.org for more details about the support groups and talks. All</p>	6 Bank Holiday	7 OCD Group Room B 7:30 pm -9:00 pm New!!!	8	9	10	11	12
	13 OCD Group Room F 8:00 pm -9:30 pm	14 TTM Group Room B 7:30 pm -9:00 pm Suspended till Fall	15	16	17	18	19

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>updated will be put on the website.</p>	20	<p>21 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm</p> <p><i>Suspended till Fall</i></p>	22	23	24	25	26
	<p>27 OCD Group Room F 8:00 pm -9:30 pm</p>	<p>28 BDD Group Room B 7:30 pm -9:00 pm</p>	29	30	1	2	3
<p><u>Jul 2011</u></p> <p>* Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.</p>	4	<p>5 OCD Group Room B 7:30 pm -9:00 pm New!!!</p>	6	7	8	9	10
	<p>11 OCD Group Room F 8:00 pm -9:30 pm</p>	<p>12 TTM Group Room B 7:30 pm -9:00 pm</p> <p><i>Suspended till Fall</i></p>	13	14	15	16	17
	18	<p>19 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm</p> <p><i>Suspended till Fall</i></p>	20	21	22	23	24

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	25 OCD Group Room F 8:00 pm -9:30 pm	26 BDD Group Room B 7:30 pm -9:00 pm	27	28	29	30	31
Aug 2011 Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	1 Bank Holiday	2 OCD Group Room B 7:30 pm -9:00 pm New!!!	3	4	5	6	7
	8 OCD Group Room F 8:00 pm -9:30 pm	9 TTM Group Room B 7:30 pm -9:00 pm Suspended till Fall	10	11	12	13	14
	15	16 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm Suspended till Fall	17	18	19	20	21
	22 OCD Group Room F 8:00 pm -9:30 pm	23	24	25	26	27	28
29	30 BDD Group Room B 7:30 pm -9:00 pm	31	1	2	3	4	

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sep 2011 * Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	5	6 OCD Group Room B 7:30 pm -9:00 pm New!!!	7	8	9	10	11
	12 OCD Group Room F 8:00 pm -9:30 pm	13 TTM Group Room B 7:30 pm -9:00 pm <i>Suspended till Fall</i>	14	15	16	17	18
	19	20 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm <i>Suspended till Fall</i>	21 An introduction to how CBT is used to treat OCD at St. Patrick's Lecture Theater 7 – 8:30 pm	22	23	24	25
* Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	26 OCD Group Room F 8:00 pm -9:30 pm	27 BDD Group Room B 7:30 pm -9:00pm	28	29	30	1	2
	Oct 2011 * Please see www.ocdireland.org	3	4 OCD Group Room B 7:30 pm -9:00 pm New!!!	5	6	7	8

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<p>nd.org for more details about the support groups and talks. All updated will be put on the website.</p>	<p>10 OCD Group Room F 8:00 pm -9:30 pm</p>	<p>11 TTM Group Room B 7:30 pm -9:00 pm</p>	12	13	14	15	16
	17	<p>18 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm</p> <p>Suspended till Fall</p>	<p>19 Overview of OCD from a psychiatric perspective at St. Patrick's Lecture Theater 7 – 8:30 pm</p>	20	21	22	23
	<p>24 OCD Group Room F 8:00 pm -9:30 pm</p>	<p>25 BDD Group Room B 7:30 pm -9:00 pm</p>	26	27	28	29	30
	<p>31 Bank Holiday</p>	<p>1 OCD Group Room B 7:30 pm -9:00 pm New!!!</p>	2	3	4	5	6
	<p>Nov 2011</p> <p>Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put</p>	7	<p>8 TTM Group Room B 7:30 pm -9:00 pm</p>	9	10	11	12
	<p>14 OCD Group Room F 8:00 pm -9:30 pm</p>	<p>15 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm</p>	<p>16 OCD with children and teens at St. Patrick's Lecture Theater 7 – 8:30 pm</p>	17	18	19	20

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
on the website.	21	22	23	24	25	26	27
	28 OCD Group Room F 8:00 pm -9:30 pm	29 BDD Group Room B 7:30 pm -9:00 pm	30	1	2	3	4
Dec 2011 * Please see www.ocdireland.org for more details about the support groups and talks. All updated will be put on the website.	5	6 OCD Group Room B 7:30 pm -9:00 pm New!!!	7	8	9	10	11
	12 OCD Group Room F 8:00 pm -9:30 pm	13 TTM Group Room B 7:30 pm -9:00 pm	14	15	16	17	18
	19	20 OCD, Trich, BDD Family & Carers Support Group, Room B, 7:30 pm -9:00 pm	21	22	23	24	25 Christmas
	26 No OCD Group Bank Holiday	27 No BDD Support Group	28	29	30	31	1 Bank Holiday