

OCD Ireland – Support Group and Lecture Series Calendar for 2012

****Please check the OCD Ireland website for any and all updates about the groups and talks***

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 2012	1 <i>New Years Day</i>	2 <i>Public Holiday</i>	3 OCD Group Room B 7.30 pm -9:00 pm	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	16	17 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	18 An overview of Trich St. Patrick's Lecture Theater 7 – 8:30 pm	19	20	21

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	22	23 OCD Group Room F 8:00 pm – 9.30 pm	24	25	26	27	28
	29	30	31 BDD Support Group Room B 7.30 pm-9:00 pm	1 How OCD, BDD & TTM impacts the family and friends at St. Patrick's Lecture Theater 7 – 8:30 pm	2	3	4
Feb 2012	5	6	7 OCD Group Room B 7.30 pm -9:00 pm	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	15 An overview of BDD St. Patrick's Lecture Theater 7 – 8:30 pm	16	17	18

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	19	20	21 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	22	23	24	25
	26	27 OCD Group Room F 8:00 pm – 9.30 pm	28 BDD Support Group Room B 7.30 pm-9:00 pm	29	1	2	3
Mar 2012	4	5	6 OCD Group Room B 7.30 pm -9:00 pm	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

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	18	19 <i>Public Holiday</i>	20 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	21 An overview of Acceptance and Commitment therapy with OCD, BDD and TTM St. Patrick's Lecture Theater 7 – 8:30 pm	22	23	24
	25	26 OCD Group Room F 8:00 pm – 9.30 pm	27 BDD Support Group Room B 7.30 pm-9:00 pm	28	29	30	31
Apr 2012	1	2	3 OCD Group Room B 7.30 pm -9:00 pm	4 An overview of Mindfulness St. Patrick's Lecture Theater 7 – 8:30 pm	5	6 <i>Good Friday</i>	7

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8	9 <i>Easter Monday – No Group</i>	10 TTM Group Room B 7:30 pm – 9:00 pm	11	12	13	14
	15	16	17 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	18	19	20	21
	22	23 OCD Group Room F 8:00 pm – 9.30 pm	24 BDD Support Group Room B 7.30 pm-9:00 pm	25	26	27	28
	29	30	1 OCD Group Room B 7.30 pm -9:00 pm	2	3	4	5

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 2012	6	7 <i>Bank Holiday</i>	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 introduction to CBT with BDD & TTM St. Patrick's Lecture Theater 7 – 8:30 pm	17	18	19
	20	21	22	23	24	25	26
	27	28 OCD Group Room F 8:00 pm – 9.30 pm	29 BDD Support Group Room B 7.30 pm-9:00 pm	30	31	1	2

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun 2012	3	4 <i>Bank Holiday</i>	5 OCD Group Room B 7.30 pm -9:00 pm	6	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 No free Public Talk - Starts again in Sept 2012	21	22	23
	24	25 OCD Group Room F 8:00 pm – 9.30 pm	26 BDD Support Group Room B 7.30 pm-9:00 pm	27	28	29	30

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jul 2012	1	2	3 OCD Group Room B 7.30 pm -9:00 pm	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	16	17 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	18 No free Public Talk - Starts again in Sept 2012	19	20	21
	22	23 OCD Group Room F 8:00 pm – 9.30 pm	24	25	26	27	28

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29	30	31 BDD Support Group Room B 7.30 pm-9:00 pm	1	2	3	4
Aug 2012	5	6 <i>Bank Holiday</i>	7 OCD Group Room B 7.30 pm -9:00 pm	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	15 No free Public Talk - Starts again in Sept 2012	16	17	18

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	19	20	21 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	22	23	24	25
	26	27 OCD Group Room F 8:00 pm – 9.30 pm	28 BDD Support Group Room B 7.30 pm-9:00 pm	29	30	31	1
Sep 2012	2	3	4 OCD Group 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

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	16	17	18 OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	19 Free Public Talk – Topic and Speaker TBA	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	1	2 OCD Group Room B 7.30 pm -9:00 pm	3	4	5	6
Oct 2012	7	8 OCD Group Room F 8:00 pm – 9.30 pm	9 TTM Group Room B 7:30 pm – 9:00 pm	10	11	12	13

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	14	15	OCD, Trich, BDD Family & Carers Support Group Room B 7.30 pm -9:00 pm	Free Public Talk – Topic and Speaker TBA	18	19	20
	21	OCD Group Room F 8:00 pm – 9.30 pm	23	24	25	26	27
	28	<i>Bank Holiday</i>	BDD Support Group Room B 7.30 pm-9:00 pm	31	1	2	3
Nov 2012	4	5	OCD Group Room B 7.30 pm -9:00 pm	7	8	9	10

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 Free Public Talk – Topic and Speaker TBA	22	23	24
	25	26	27 BDD Support Group Room B 7.30 pm-9:00 pm	28	29	30	1

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec 2012	2	3	4 OCD Group Room B 7.30 pm -9:00 pm	5 Free Public Talk – Topic and Speaker TBA	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 <i>Christmas Eve – No Group</i>	25 <i>Christmas – No Group</i>	26 <i>St. Stephen's Day</i>	27	28	29

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Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30	31 <i>New Years Eve – No group</i>	1 <i>New Years Day – No Group</i>	2	3	4	5

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