

Jessica Page, Psy.D. presented "Incorporating Mindfulness into Treatment of OCD" *by Rachel Strohl, Psy.D.*

Dr. Jessica Page spoke at the NJOCF Quarterly Meeting on September 12, 2005. Dr. Page is a licensed psychologist who specializes in the treatment of OCD. She works on a treatment study at the NY State Psychiatric Institute and maintains a private practice in Manhattan.

Dr. Page began the presentation by explaining that individuals with OCD have obsessions that are intrusive, upsetting thoughts that provoke anxiety, while individuals without OCD have fleeting thoughts. People with OCD excessively worry about their thoughts, and the implications of their thoughts. An important intervention is for therapist to inform sufferers that they have "normal OCD thoughts" and label the disorder.

Individuals with OCD want to push away the obsessions, but then the thoughts persist and get stronger. According to Dr. Page, the solution is to go against the instinct and acknowledge the thought, which is also known as mindfulness. Mindfulness can be defined as being aware of thoughts, being present in the moment, and being in the "here and now." While OCD sufferers are always aware of their thoughts, mindfulness implies awareness without worrying, dismissing, or judging the thoughts.

Mindfulness is a skill that must be learned and practiced over time. Dr. Page recommends the following criteria before learning mindfulness: 1) Have some acceptance of OCD. Sufferers do not have to like the disorder, but they must acknowledge it. 2) Offer kindness to yourself. Stress will increase OCD symptoms, so people with OCD should treat themselves with compassion and firmness. 3) Have some acceptance of lack of control. It is difficult but essential to realize the compulsions offer an "illusion of control," and they are not keeping suffer-

ers or their loved ones safe. 4) Learn the concept of toleration. OCD is the intolerance of anxiety and discomfort, and treatment stresses the toleration of discomfort. Mindfulness helps sufferers "ride the anxiety out."

Dr. Page led the audience in an experiential meditation exercise that focused on their breathing. This allowed the audience to "stay focused on present thoughts" and experience the concept of mindfulness. However, she stressed that mindfulness is not focusing, but "wherever you go, there you are."

During the NJOCF quarterly meeting, Dr. Page capably educated the attendees about mindfulness, another invaluable skill in the treatment of OCD. She offered encouragement, and reiterated that mindfulness is a skill that will improve over time with practice.

Dr. Rachel Strohl is a temporary permit holder in the practice of psychology and conducts therapy under the supervision of Dr. Allen Weg at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at 732-390-6694 x3.



Dr. Jessica Page speaks at monthly meeting.

DR. RITA NEWMAN TO SPEAK ON DECEMBER 12

On Monday, December 12, 2005, at 7:00 p.m., at Robert Wood Johnson Hospital, in New Brunswick, NJ, our next quarterly meeting will be held and it will feature Dr. Rita R. Newman as our guest speaker.

Dr. Newman has maintained a psychiatric practice in Short Hills, New Jersey for more than twenty years. A full attending physician at Saint Barnabas Medical Center in Livingston, New Jersey, she is Past President of both the Tri-County Chapter of the New Jersey Psychiatric Association and the New Jersey Medical Women's Association, and served for years as Chair of the Mental Health Committee of the Essex County Medical Society.

A Life Fellow of the American Psychiatric Association, she chairs the Human Rights Committee of the Association of Women Psychiatrists and has been a member of the Committee Against International Abuse of Psychiatry of the American Psychiatric Association. Dr. Newman has been Psychiatric Consultant to the New Jersey Holocaust Commission since 1980. She has served on the Victimology Committee of the American Academy of Psychiatry and the Law and the Bio-Ethics Committee of Saint Barnabas Medical Center, Livingston, New Jersey.

For many years, Dr. Newman has conducted workshops, courses, and seminars at national meetings and international congresses on sexual harassment in the workplace, post-traumatic stress disorder, and the well-being of Holocaust survivors. The treatment of Obsessive Compulsive Disorder and Psychopharmacology are an integral part of her expertise.

PRESIDENT'S MESSAGE



Our 6th Annual Conference on Sunday, September 25, 2005, was an overwhelming success.

We were both fortunate and honored once again to have Dr. Fred Penzel as our Keynote Speaker. His presentation was most inspiring and informative.

Let's conclude this year with an equally well attended December quarterly meeting.

Hope to see you all there!

President Ina Spero

Want to help with Fundraising?

Please bring all old or broken cell phones to donate to charity and help raise funds for the NJ OCF!

NATIONAL OCD FOUNDATION CONTACTS

OCF Phone: (203) 401-2070
PO Box 9573 Fax: (203) 315-2196
New Haven, CT 06535

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

\$

YOU CAN HELP...

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

Disclaimer

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

NJ OCF MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

NJ OCF OFFICERS

- Ina Spero - President
- Dr. Allen Weg - Vice President, Newsletter Editor
- Judy Cohen - Secretary
- Dr. Rachel Strohl - Recording Secretary
- Julian Spero - Treasurer
- Nicole Torella - Newsletter Editor
- Dr. Rita Roslyn Newman - Advisory Board member

Fred Penzel, Ph.D. presented "Potholes in the Road to Recovery: Why Treatment May Not Always Help"

By Rachel Strohl, Psy.D.

On Sunday, September 25, 2005, Fred Penzel, Ph.D. served as the keynote speaker at the NJ Affiliate of the Obsessive Compulsive Foundation 6th Annual Conference. Dr. Penzel is the Executive Director of the Western Suffolk Psychological Services in Long Island, New York and one of the leaders in the field of the clinical treatment of OCD and Trichotillomania. He serves on the Scientific Advisory Boards of both the National OC Foundation and the Trichotillomania Learning Center, and has written two books as well as numerous articles on both topics.

Dr. Penzel's animated and pragmatic presentation focused on common reasons why an individual with OCD may not succeed even though they are receiving treatment. The talk was outlined according to the following 10 "potholes in the road to recovery."

1) *Lack of a proper diagnosis.*

Although OCD can be comorbid with other psychiatric disorders, Dr. Penzel highlighted that some individuals are misdiagnosed with OCD. The symptoms may appear similar to obsessions or compulsions, but represent another disorder (e.g., Asperger, Schizophrenia, Attention Deficit Disorder). For example, individuals with Autism or Tourette's display repetitive, impulsive gestures for sensory purposes, as opposed to the doubt and guilt of OCD. People with Obsessive Compulsive Personality Disorder may insist on perfectionism and exactness, similar to OCD, but enjoy their symptoms and not want to change, unlike those with OCD who experience their symptoms as unpleasant and repulsive.

2) *Having a concurrent disorder.* It was explained that mood disorders can interfere with OCD treatment. Symptoms of depressive disorder include "crushing fatigue" leaving the person in bed all day, and extreme negative thinking resulting in lack of motivation. Symptoms of bipolar disorder include manic feelings which impede

OCD therapy when people feel "too good" and believe they are cured.

3) *Getting the wrong treatment.* Dr. Penzel stated that good therapies have goals. He reported that only two treatments have "scientifically demonstrated the ability to significantly improve OCD: Cognitive Behavioral Therapy (CBT) and Antidepressant Therapy."

4) *Not getting comprehensive therapy.* This includes CBT, medication, and life-balancing. The latter means finding a balance between different aspects of your life, such as socializing, work, and sleep. Dr. Penzel dispelled misconceptions about medications. He explained that "everything entails risks, but SSRI's have proven safe and effective."

Medication will not change personality, but improve problems in the brain and serve as a tool to do the therapy.

5) *Getting right treatment, but weak or ineffective.* While CBT is a gradual, step-by-step process to confront symptoms, therapists may not be challenging OCD sufferers enough or correctly assigning homework for obsessions versus mental compulsions. Medication therapy may not be effective for many reasons; for instance, medications were not taken long enough, dosages were not large enough, or drug augmentations were not tried.

6) *Lack of basic acceptance on the part of the sufferer.* You cannot change what you cannot accept. OCD sufferers must accept they have OCD, they will never "perfect" OCD, they will not completely protect themselves and recover, and OCD will not go away by itself. The therapy is hard, but life with OCD is harder.

7) *Low tolerance for frustration.* Dr. Penzel stated that "you must work hard for things worth having," and it is necessary to face fears to overcome them. He also reminded sufferers that recovery takes time and includes lapses.

8) *Procrastination.* Treatment interference behaviors include poor time management and lack of setting obtaining

goals. Individuals with OCD could experience paralyzing doubt, and this prevents getting things done.

9) *Sabotage by significant others.* Significant others could be impatient with the sufferer's progress by being critical and demoralizing, which weakens motivation. Enablers offer reassurance and assist with compulsions, which keep them dependent and helpless.

10) *Having become comfortable in one's discomfort.* Dr. Penzel explained that people could blame life problems on their disorder and take no responsibility. They may have most of their needs met by others and take little responsibility, or control the lives of others with their disorder.

Audience members had the opportunity to engage Dr. Penzel in a question-and-answer time after the engaging and informative presentation. Additional information could be obtained at Dr. Penzel's website www.wspis.info or NJOCF's website at www.njocf.org.

Dr. Rachel Strohl is a temporary permit holder in the practice of psychology and conducts therapy under the supervision of Dr. Allen Weg at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at 732-390-6694 x3.

Ina Spero greets everyone at the conference.



Janice Burkowitz performs for the audience.

**HIGHLIGHTS FROM THE NJ OCF'S 6TH ANNUAL CONFERENCE
SEPTEMBER 25, 2005**



Dr. Penzel speaks to the conference attendees.

Volunteers help out with registration and greeting attendees.



Attendees enjoy the bountiful brunch.

Attendees check in at registration.



2006 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2006 Entertainment Book. You will save with **"Two-for-One"** and 50% off discounts at hundreds of great names you know in your area.

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UP TO 50% SAVINGS on all the things you do!

2006 Entertainment Books will be available for purchase at our Sixth Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They're specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

#52 - NORTH/BERGEN - \$25

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$25

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$25

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

#48 - CENTRAL/MIDDLESEX - \$25

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

#94 - CENTRAL/MONMOUTH - \$25

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

#76 - NJ SOUTH - \$30

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951

Questions? Call Ina Spero at 732-828-0099

Book #: _____ Quantity: _____

Book #: _____ Quantity: _____

Include \$3.50 per book for shipping fee.

Total Enclosed: _____

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Address _____

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SUPPORT GROUPS BEING FORMED FOR KIDS!

IN HIGHLAND PARK, NJ

FOR CHILDREN AGES 6 - ADOLESCENT

Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others.

Her address is: 328 Dennison Street, Highland Park
For more information, please call: (732) 418-0707

IN BRIDGEWATER, NJ

**When: Every 2nd Wednesday of the month
from 7:00 to 8:30 p.m.**

**Where: Richard Hall Community Mental
Health Center
500 North Bridge Street,
Bridgewater, NJ
(Across from the Somerset County
Library)**

- **Meet in Richard Hall Conference
Room, First Floor**

Cost: FREE and no appointment necessary

Call: (908) 229-1367

**For Information:
E-mail: ocdhelp4kids@yahoo.com**

NJ OCF Newsletter Has a Subscription Fee!

After careful budget review, the NJ OCF has come to realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2005 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to:
CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

We at the NJ OCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

Laughter and Tears in Response to the NJ OCF Panel.

Emotions ran high in response to our panel of speakers at the NJ OCF Foundation annual Brunch/Conference. Our four panel members consisted of 10 year old Alex, who himself suffers from OCD in a variety of ways; Renee, whose 13 year old daughter has to do everything with multiple rituals which makes even getting dressed a major undertaking; Mike, whose wife is an OCD hoarder; and Steve, whose 15 year old daughter had significant checking rituals.

Renee spoke eloquently of how her daughter had difficulty getting help from several therapists, plus a 7 week hospitalization in a Midwest hospital known for its effectiveness with OCD. She shared her fears and frustrations, and you could feel how the audience empathized with her visible pain as she told her story. Yet Renee was also able to communicate that despite past struggles, she was hanging on to the hope that her daughter will make more progress as she gets older, and that she herself had been encouraged by others' stories of progress after protracted difficulties.

Mike also pulled at the heartstrings of those attending the conference when he shared how his wife's hoarding OCD was exacerbated by an almost simultaneous diagnosis of her bone cancer 12 years ago, and the diagnosis of severe autism in their then 2 year old son. He shared the story of how the stress that these events, especially his wife's worsening hoarding behavior, fractured their marriage, and how, despite continued struggles, their marriage endures. He sang her praises and her strengths, and voiced his unwavering support of her efforts in controlling her hoarding, which has progressed to the point that has allowed them to have a normal, functioning first floor of their home.

Alex spoke eloquently about his OCD, presenting himself as much older than his 10 years. When answering questions from a similar aged audience member, he was thoughtful and honest. In response to "How do you deal with siblings who make fun of your symptoms?" Alex advised the use of setting proper boundaries, reminding the sibling that these were symptoms of a serious disorder and that the sibling should be sensitive to that. When the young man from the audience explained that he tried that to no avail, Alex responded, after a long pause, "...well, then.... It's time to go to your Mom."

Steve, whose 15 year old daughter responded very well and relatively quickly to treatment, was able to give a balanced view of a very successful OCD treatment experience. While both his daughter and other family members worked consistently hard to successfully challenge the OCD, he admitted that symptoms do remain, sometimes flare up, and require consistent vigilance by all family members.

All in all, it was a very special afternoon. Several of those attending came over to me after the program and shared how moved they were by this panel, and how it inspired them in their own struggles with this disorder.



Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at 732-390-6694, or see his website at www.StressAndAnxiety.com.

SAVE THE DATE! FOR THE 2006 MEETINGS!

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

FREE! FREE! FREE!

**March 13
June 12
September 11
December 11**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

New Support Group for Adolescents Being Formed

My name is Laura and I am now 18 years old, but I was diagnosed with OCD when I was fourteen. My mom and I searched for support groups in the area but could not find a single one. I had been going to therapy, which helped a great deal, however, I was looking for support from kids my own age as well. I was told that OCD was not as uncommon and that I wasn't as abnormal as I once thought. I still felt pretty alone, however, and wanted to meet other people my age who were experiencing what I was. This is why I am putting together, with help from the New Jersey OCF, a support group for adolescents ages 13-19, with OCD. This is an opportunity for teens to share their stories with one another, support each other, and realize that they're not alone. Meetings will be held on Wednesdays at 3:00 p.m. at the Hazelt Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygrl16@hotmail.com or 908-461-5530.

WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJ OCF to help create more of these groups. We at NJ OCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

- 1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."
- 2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.
- 3) Contact us. Call Ina Spero at 732-828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.
- 4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. WE ARE HERE TO HELP!
- 5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

SUPPORT GROUP IN ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

SUPPORT GROUP TO BEGIN IN LIVINGSTON, NJ

Poonem Dutte is interested in starting a Support Group in the Livingston, NJ area. Anyone interested in attending her group, please call her at (973) 535-0826.

NEW OCA SUPPORT GROUP IN MATAWAN

There is a new OCA support group that meets in Matawan, New Jersey every Sunday of the month from 7:00 to 8:00 p.m. Meetings will be held at the First Presbyterian Church, Room 201, 883 State Highway 34 East and Franklin Street, Matawan, NJ. For information on this support group, please contact Matt C. at (732) 331-6494.

New Support Group In Princeton Area Looks For Participants

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should contact me at griffith@princeton.edu.

SUPPORT GROUP IN BOONTON

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (862) 268-6397.

NJ OCF VIDEOTAPES

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJ OCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00_____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00_____
"Flying Towards the Darkness", NJ OCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJ OCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJ OCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$15.00_____
"Medications and OCD", Dr. Rita Newman	\$15.00_____
"OCD", Dr. William Gordon	\$15.00_____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00_____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessice Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____
"Hoarding", Dr. Dena Rabinowitz	\$15.00_____
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D	\$15.00_____
"Using Scripts to Counter the Voice of OCD", Jonathan Grayson, Ph.D Part I - NJOCF 5th Annual Conference	\$15.00_____
"Panel of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00_____
NJOCF - 5th Annual Conference, Parts I and II	\$25.00_____

Add \$3.95 each for S & H: _____@\$3.95 ea_____ Your Total cost:_____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873-2951
 Questions? Call Ina Spero at 732-828-0099

Name _____

Address _____

City _____ State _____ Zip Code _____

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 12, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

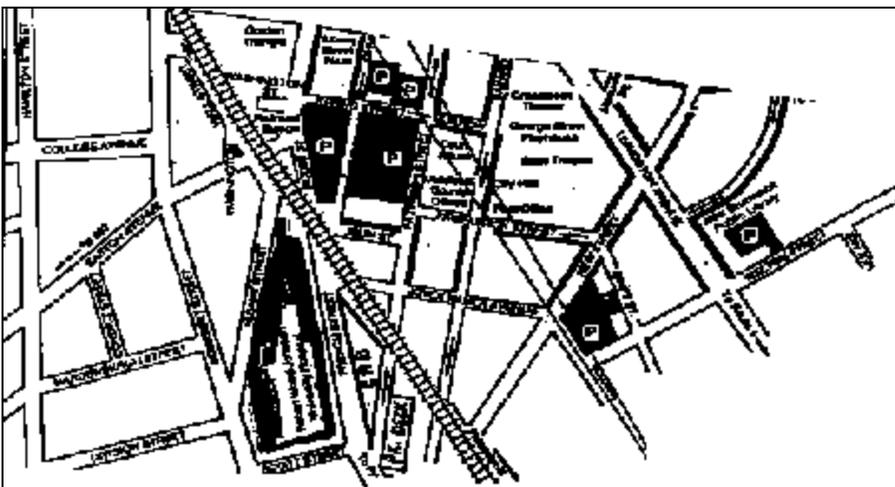
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

NOTICE NOTICE NOTICE NOTICE

Obsessive-Compulsive Disorder Support Groups

Berkeley Heights (O.C.A.)	(908) 464-1807
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Montclair	(973) 472-8215
Boonton Township	(862) 268-6397
Howell	(848) 702-5044
Matawan	(732) 331-6494
Pomona	(609) 266-3666

NJ OCF
60 MacAfee Road
Somerset, New Jersey 08873-2951

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