

Roy C., Founder of Obsessive Compulsive Disorder Anonymous Shares His Story

Roy C., founder of OCD Anonymous and author of *Obsessive Compulsive Disorder, a Survival Guide for Family and Friends*, spoke at our quarterly meeting on March 13, 2006. Roy identified himself as Roy C, a member of Obsessive Compulsive Anonymous as he shared his story. He took the audience through his beginning experiences with OCD and shared how and when for him, his disease became unmanageable. Having "hit his bottom" brought him to a 12



step program and he ultimately founded OCD Anonymous. His presentation focused on how he incorporates the 12 steps into

his everyday living and the importance of his anonymity. Roy reported that he knew early on, in kindergarten, that he was different from others. His teacher reported that he felt "compelled" to ask the same questions over and over again. Aside from himself and this teacher knowing, his OCD did not present as that much of a problem. During his teenage years, only family and few close friends "knew" there was something different. He washed his hands a lot and did a lot of double checking.

It wasn't until he went to college that his OCD "kicked his butt". He began to "pick his skin" and would stay up all night long sometimes repeating this behavior. It was then that he

William Greenberg, MD to Discuss New Meds for OCD

Our next quarterly meeting will be held on Monday, June 12, 2006 from 7-9 p.m. at Robert Wood Johnson Hospital in New Brunswick. Directions and other details may be found towards the end of this newsletter.

Dr. Greenberg will speak to us on "New and Experimental Pharmacological Treatments for OCD." Following is a brief review of the many positions held by and the areas of research in which Dr. Greenberg has been involved.

Dr. William Greenberg received his M.D. from the Albert Einstein College of Medicine in 1978, and completed his residency training in Psychiatry at the Albert Einstein Program at Bronx Municipal Hospital Center in 1982. He has subsequently held positions including Director of the North Central Bronx Psychiatric Outpatient Department; Chief Psychiatrist, Residency Training Director and Interim Medical Director of Psychiatry at Bergen Regional Medical Center, and is now Director of the Outpatient Research Program at Nathan Kline Institute in Orangeburg, New York. He has a faculty appointment as Clinical Associate Professor of Psychiatry at the New York University School of Medicine. He received the 1996 New Jersey Alliance for the Mentally Ill Psychiatrist Recognition Award, and several American Psychiatric Association awards for editorial writing. He serves on the committee responsible for writing the Psychiatry Board recertification examination, and is also active in chairing a variety of organizational committees, including

chairing the Ethics Committee at Rockland Psychiatric Center. He is the Immediate Past President of the New Jersey Psychiatric Association, the New Jersey District Branch of the American Psychiatric Association. Dr. Greenberg has conducted clinical trials, published in the scientific literature and lectured to audiences on a wide variety of topics, and maintains a private practice in New Jersey. We are very pleased and honored to have such a distinguished and experienced member of the medical community visit with us, and hope as many of



you as possible can join us as well. Remember, the presentation and refreshments are offered free of charge.

A note about the Nathan Kline Institute-Nathan Kline Institute for Psychiatric Research is one component of the non-profit Research Foundation for Mental Health, and is located in Rockland County, New York, just north of Bergen County. The facility conducts both basic laboratory research, and clinical research into psychiatric disorders, including schizophrenia, bipolar disorder, Alzheimer Disease and Obsessive-Compulsive Disorder. Dr. Greenberg currently is conducting an outpatient research study, "Adjunctive Glycine in Obsessive-Compulsive Disorder," funded by a grant from the Obsessive Compulsive Foundation. This study is seeking to determine whether OC symptoms might diminish with the addition of glycine, an amino acid, to individuals current treatments.

PRESIDENT'S MESSAGE



I would personally like to apologize to all of the Social Workers who attended our Annual Conference on Sept. 25, 2005, and who have not

yet received their CEU credits. The NJ Social Workers Association in Newark finally admitted (after much searching), that their office had LOST our complete file. We have therefore re-submitted the application and are awaiting the approval of the Continuing Education Credits. Upon the receipt of same, Nicole will send you the appropriate certificates.

Thank you again for your continued patience and support. I'm looking forward to greeting everyone at our upcoming June meeting, which promises to be most interesting and informative.

President Ina Spero

THANK YOU!

**To All Subscribers
of the NJ OCF newsletter
who added additional
donations to their
annual subscribers fee!**

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 401-2070
Fax: (203) 315-2196

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
Steven I. Dyckman, M.D. - Advisory Board member

Roy C., Founder of Obsessive Compulsive Disorder Anonymous Shares His Story

continued

sought out treatment. He first saw a behavior therapist. This treatment did help with the reduction of symptoms; however he did not get better. It was also during that time that someone suggested he attend an AA meeting. He followed the advice. Although he did have a reduction in symptoms when he followed the program, he did not become active in the program and described himself as "undercover". Needing to identify and get more involved he founded the first OCD Anonymous in January, 1988.

What is OCA? OCA is a 12 step program Becoming active in COA facilitates recovery. There are different types of meetings including speaker meetings and open discussion meetings. This 12 step program helps modulate emotions and lifestyle. COA has also been described as a "cognitive behavioral therapy with a spiritual foundation". Since OCD is a physical and spiritual illness it is important to understand that the higher power is there to help fight the illness because trying to fight it alone does not work.

Throughout his presentation Roy C. discusses the fact that OCD not only adversely affects the sufferer; however also affects the families and friends of those with the disease. Therefore it is of utmost importance to offer education and support for the family and friends of those suffering from OCD. It important for family members to understand that they didn't cause OCD, they can't control OCD, and they can't cure OCD. When family members believe this they can then distance themselves from the illness while loving the individual with the illness.

When asked how one recovers from

OCD, Roy responded: first and foremost, "very slowly". He believes that the combination of the right medication (if necessary), behavioral therapy and COA is the most comprehensive form of recovery. He describes three levels of recovery. The first level he refers to as symptom recovery. In this phase the OCD thoughts and behaviors decrease. In the second phase of recovery the OCD sufferer gets in touch with the every day living and modulates ways to get through it symptom free. The third stage of recovery includes dealing with the long term issues.

In summary, "recovering from OCD is no easy task. Certainly, doctors and therapists help greatly. If it weren't for them many sufferers would be lost. However for most sufferers this is only the beginning. OCD is much more than obsessions and compulsions. OCD is a way of being that can be changed over time in OCA".

Anyone interested in finding out more about OCA may contact the 24 hour hotline @ (516) 739-0662. For a list of meetings you can go the web site at www.hometown.aol.com/west124th

This article was written by Valerie Northey, LCSW, CADC Psychotherapist specializing in the treatment of addictions, eating disorders and OCD.

SPECIAL THANKS

TO:

- **Our sincere thanks to Janet DePaolo for her generous donation.**
- **Our sincere gratitude to Charles W. Magee IV for his extremely generous gift to the Affiliate.**

NJ OCF WAS SEEN ON NJ 12 NEWS!

A special thank you to volunteer member Eric Gruber of Everything Communications, who assisted the NJ OCF with landing a spot on News 12 NJ's "Health Spot". Ina Spero, President and Allen Weg, Vice President, represented the NJ OCF for the interview and were able to help spread the word on the prevalence of OCD in today's world. The interview ran a few times over one weekend in March.

Thanks for your help Eric!

SAVE THE DATE! SAVE THE DATE!

**Seventh Annual Conference
The New Jersey Affiliate of the Obsessive Compulsive Foundation
“Cognitive Behavioral Treatment for Pediatric OCD
and Related Disorders”**

by Martin E. Franklin, Ph.D.

Sunday, October 15, 2006 • Doubletree Hotel, Somerset, NJ

Registration fees include a buffet brunch! Look for registration information in the next newsletter!

On Sunday, October 15, 2006, beginning at 10:00 a.m., the NJ OCF will hold its 7th Annual Conference. Keynote speaker, Dr. Martin Franklin, will present the “Cognitive Behavioral Treatment for Pediatric OCD and Related Disorders”. This lecture will focus on the application of Exposure and Response Prevention for children and adolescents with OCD, and will include some discussion of Habit Reversal Training (HRT) for youth with trichotillomania and chronic tic disorders.

Franklin is an extremely accomplished author, researcher, and clinician. Some of his publications include scientific articles and book chapters on the treatment of adult and pediatric OCD, social phobia and trichotillomania. He was a member of the Expert Consensus Panel for Obsessive Compulsive Disorder that assisted with the development of treatment guidelines for adult and pediatric OCD. He has been a co-investigator and clinical supervisor on NIMH-funded randomized controlled trials in pediatric OCD, adult OCD, and social phobia, and the Principal Investigator of a recently completed NIMH-funded treatment development grant examining the efficacy of CBT for pediatric trichotillomania. Franklin is a Scientific Advisory Board Member and Chair of the Research Committee for the Trichotillomania Learning Center, a national organization devoted to disseminating information about trichotillomania and its treatment. In addition, he is an associate professor of clinical psychology in psychiatry and is the clinical director at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania School of Medicine in Philadelphia, one of the world’s premiere outpatient and intensive outpatient OCD treatment centers, and a source of much OCD research.

**Make Your Reservation Now!
Annual National OC Foundation Conference
July 21 - 23, 2006 in Atlanta, Georgia**

The OC Foundation Conference is being held at the Hilton in Atlanta, Georgia.

This conference is beneficial to all people with an interest in learning more about Obsessive Compulsive Disorder. Workshops will be held covering information of interest to people of all ages, including children and adult sufferers, and supporters, including family members, spouses, psychologists, and psychiatrists.

***For more information on attending the conference,
contact Ina Spero, NJ OCF President, at (732) 828-0099.***

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 2006 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

However, if you would like to receive the newsletter by e-mail, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

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

Name _____

Address _____

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Home Phone _____ E-mail _____

**Therapy Groups for
OCD
Panic Disorder
Social Phobia**

**Short-term, intensive learning,
change-focused experiences
led by Drs. Rachel Strohl and Allen H. Weg**
Groups for Children as well as Adults

Monday or Tuesday evenings in East Brunswick
Beginning the week of March 20, 2006

**GO TO www.StressAndAnxiety.com
for more information**

*If interested, phone Dr. Strohl immediately
at 732-390-6694 x3
Or email us your information as instructed on our
website*

This is a paid advertisement

**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!

**NJ OCF Enters the
21st Century!**

NJ OCF is now offering a complete listing of
nearly all of the quarterly presentations and
annual conference presentations that our
organization has hosted over the last 6 years
on a DVD format. All our old videos have
been converted to DVD, and we are hoping
that this will better meet the needs of our
members, most of whom are moving more
towards DVD consumption. We also expect
that this change will quicken our "turn
around" time so that people will get their
orders more quickly.

Please review the listing of our offerings in
this newsletter, and at our website:
www.njocf.org!

**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 thera-
py, 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 put-
ting 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 Hazlet Library. If you,
or anyone you know that suffers from OCD, is interest-
ed 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

A support meeting is held the last Thursday of each month at 7:30 p.m. 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 White Horse Pike (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.

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.

SUPPORT GROUP IN BERGEN COUNTY

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

PRINCETON AREA GROUPS WANTS 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 e-mail griffith@princeton.edu.

NEW SUPPORT GROUP FORMING IN BASKING RIDGE

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

NJ OCF DVDS NOW AVAILABLE!
VIDEOTAPES - ON SALE BUY 1 GET 1 FREE!

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, June 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:

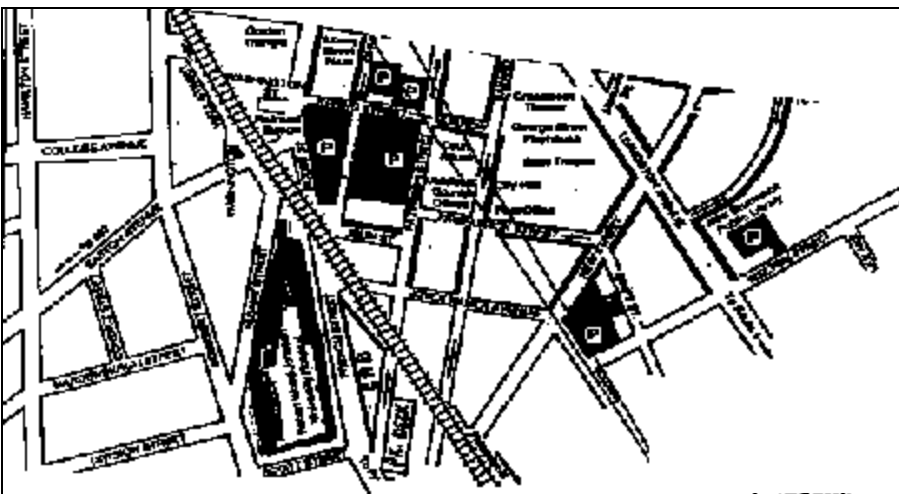
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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
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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