

Marsha Kleinman, Psy.D. Presented on EMDR by Rachel Strohl, Psy.D.

On Monday December 10, 2007, Marsha Kleinman, Psy.D. presented at the quarterly meeting of the NJ Obsessive Compulsive Foundation. Dr. Kleinman received her doctorate from the Graduate School of Applied and Professional Psychology at Rutgers University, and her master's degree in community psychology from Temple University. She has a private practice in Highland Park, NJ where she works as a behavior therapist.



Dr. Kleinman demonstrates the portable LapScan 2000

Dr. Kleinman's talk focused on a technique called Eye Movement Desensitization and Reprocessing (EMDR), which she explained reduces anxiety symptoms. EMDR was developed by Francine Shapiro, Ph.D. initially for trauma but "works for anything that creates anxiety," including Obsessive Compulsive Disorder (OCD).

In order to conduct EMDR, a therapist needs extensive level one and level two training. Dr. Kleinman stated that there are eight steps in EMDR. For instance, an initial step involves a therapist assisting a client to describe



Dr. Cindy Haines participates in a demonstration

an anxiety provoking scene or picture. The scene must elicit anxiety in the present, rated on a SUDS (subjective units of discomfort) scale of zero to ten, which has not been "reprocessed or resolved from the past." Other steps include identifying the anxiety in the body, and the negative cognitions associated with the scene.

During the talk, Dr. Kleinman described employing EMDR in several clinical examples and demonstrated using EMDR for the audience. She presented a portable LapScan 2000, which displays a light that goes back and forth, and explained that clients are instructed to follow the light with their eyes for a certain amount of time. The light creates bilateral stimulation in the brain while experiencing the benefits of exposure to the anxiety provoking situation. Clients, especially children, can tap their hands or snap their fingers instead of using the light machine.

Then, she elicits feedback by asking clients for their thoughts, feelings, and sensations. The goal is to process the scene while replacing a negative cognition (e.g., I'm defective) with a realistic cognition (e.g., I'm ok no matter what).

Dr. Kleinman can be contacted for further information at mkdcomars@aol.com, with the subject line reading "NJOCF meeting."



Dr. Rachel Strohl is a licensed psychologist at Stress and Anxiety Services of NJ in East Brunswick. She is on the Board of Directors at NJOCF. She may be reached at 732-390-6694 x3.

Rachel Strohl, Psy.D. to Present "OCD in the Classroom"

Our next quarterly meeting will take place on Monday, March 10th at 7:30 p.m. at Robert Wood Johnson Hospital in New Brunswick. Directions may be found elsewhere in this newsletter. Our Speaker will be Rachel Strohl, Psy.D., who earned her degrees at George Washington University and the Graduate School of Applied and Professional Psychology at Rutgers University. She is a NJ licensed psychologist practicing at Stress and Anxiety Services of New Jersey in East Brunswick.

Dr. Strohl will be speaking about children with OCD, particularly within the context of attending school. She will review different ways OCD can express itself in the classroom, and will also point out the OCD signs that professionals in the education field and parents alike should be alert to. The roles that parents, therapists, and school professionals can play in the treatment process of a child with OCD will be reviewed. Attendees to this presentation will also learn how to differentiate "normal" obsessive compulsive behaviors in kids from actual OCD, and also learn the unique ways OCD expresses itself in children relative to adults.

Parents will learn what their options are in terms of what to expect from the school system if their child's performance is compromised by his or her OCD, and will learn how to educate the educators about this disorder so as to make their child's educational experience a less stressful and more positive experience. We are sure that you will benefit from this program, and look forward to seeing you there!

PRESIDENT'S MESSAGE



Dear Friends:

From our Foundation headquarters, Dr. Michael Jenike of the Harvard Medical School, recently reported to us that the Department of Psychiatry at the University of Minnesota's Medical School recently published an encouraging article entitled, "What Might Be Causing OCD Symptoms?" The research involves the protein and genetic makeup of an OCD sufferer.

What's all this about? It means there is breathtaking progress being made in the area of neuroscience and OCD is one of the areas that close attention is being focused on.

Let us hope that in the very near future we will find real genetic answers to our questions about OCD and the OC Spectrum Disorders. May this all come about sooner than we think!

Hoping to see all of you at our forthcoming meeting! Please bring a friend! And note that the meeting will begin at 7:30 p.m.!

Sincerely,
President Ina Spero

ATTENTION! ATTENTION!

**The NJ OCF telephone hours are
9:00 a.m. to 9:00 p.m.
(732) 828-0099**

THANK YOU!

A very special thank you to Marylu Huber for her generous donation.

Thanks to all those who continue to send in newsletter subscription fees.

NATIONAL OCD FOUNDATION CONTACTS

OCF, Inc.
676 State Street
New Haven, CT 06511

Phone: (203) 401-2070
Fax: (203) 401-2076

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

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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:

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

NJ OCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President
Judy Cohen - Secretary
Dr. Rachel Strohl - Recording Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Steven I. Dyckman, M.D. - Advisory Board member

Visit us on the web at www.njocf.org

SAVE THE DATE! SAVE THE DATE!

Ninth Annual Conference

The New Jersey Affiliate of the Obsessive Compulsive Foundation
Presents

“A Couples-Based Approach to the Treatment of OCD”

Dr. Jonathan Abramowitz

Sunday, September 14, 2008 • Doubletree Hotel, Somerset, NJ

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

NJOCF is thrilled and honored to have Dr. Jonathan Abramowitz as our headline speaker at our next annual conference. Dr. Abramowitz is Associate Professor in the Department of Psychology at the University of North Carolina at Chapel Hill. He is also Associate Chair of the Department of Psychology and Director of the Anxiety and Stress Disorders Clinic at Carolina. Before moving to North Carolina in 2006, Dr. Abramowitz was Director of the OCD/Anxiety Disorders Program at the Mayo Clinic in Rochester, Minnesota.

Dr. Abramowitz received his Ph.D. in Clinical Psychology from the University of Memphis and completed his predoctoral internship training at the Eastern Pennsylvania Psychiatric Institute in Philadelphia, PA. He completed a postdoctoral fellowship at the University of Pennsylvania Center for Treatment and Study of Anxiety, also in Philadelphia. He has authored or edited 5 books and more than 100 research papers, book reviews, invited commentaries, and book chapters, mostly in the areas of cognitive-behavior therapy (CBT), obsessive-compulsive disorder (OCD), and other anxiety disorders. Here is a description of Dr. Abramowitz's presentation in his own words:

“Many people with OCD have close interpersonal (e.g., marital) relationships. Although often a means of support, these relationships can negatively impact the course of OCD and the outcome of cognitive-behavioral therapy (CBT). Relationship dissatisfaction, for example, serves as a stressor that can make OCD symptoms worse. Even if a couple does not seem to be having relationship problems, some types of behavioral patterns between partners can maintain OCD symptoms and interfere with CBT. Examples include a spouse who willingly engages in avoidance of certain “contaminated” areas to appease his partner with OCD, and a girlfriend who willingly provides reassurance to her partner when repeatedly asked questions about obsessional fears. Because such behaviors prevent the affected individual from overcoming OCD, they should be addressed in CBT. At the University of North Carolina, we are presently developing a couples-based CBT program for OCD. In my talk, I will first describe ways in which maladaptive couple behaviors can interfere with CBT. Next, I will describe how we are working to enhance CBT for OCD using couple therapy strategies that facilitate exposure therapy and promote new learning for the partner with OCD.”

CORRECTION! FROM THE LAST NEWSLETTER

In the winter 2007 newsletter, in the article on the Annual Conference, the NJ OCF apologizes for listing the incorrect website for Caitlin Carey's organization, "Step Out of the Silence". The correct website is www.stepoutofthesilence.org. This website was established by 15 year old Caitlin, who has OCD, and wants to help other youths and teens who also have OCD and other mental disorders, know that there is help out there for them, and most importantly, that they are not alone.

Caitlin attended the NJ OCF's Annual Conference in October 2007, with her parents, who have helped her establish her organization. Out of the Silence, Inc. is an advocacy network for youth and young adult mental health and has recently gained its status as an official U.S. registered non-profit organization. It was originally only recognized by the State of New Jersey as a 501(c)(3), an IRS code that designates them as a non-profit, tax-exempt status. However, it is now recognized as a public charity by the national government as well.

Congratulations on this national recognition and keep up the great work Caitlin!



Caitlin Carey at the NJ OCF conference in held at the Doubletree Hotel in Somerset with her display for her website, StepOutOfTheSilence.org, for teens with psychiatric disorders

Make Your Reservation Now! **Annual National OC Foundation Conference** **July 31 - August 3, 2008 in Boston, Massachusetts**

The OC Foundation Conference is being held at the Renaissance Boston Waterfront Hotel. 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,
visit the OC Foundation website at www.ocfoundation.org***

Professional Directory (See pages 6 & 7)

The professionals included in this Directory have expressed an interest in treating individuals with OCD. This Affiliate has not investigated these individuals, nor does it have the facilities to evaluate their competence in treating OCD. This Affiliate does not recommend or endorse the competence or expertise of anyone listed. This Directory of treatment providers is not an endorsement, but merely a source of individuals who have indicated that they treat OCD.

If you are interested in advertising in our Professional Directory, please contact Ina Spero at (732) 828-0099 from 9 a.m. to 9 p.m.

INFORMATION ON THE NJ OCF & HOW YOU CAN GET INVOLVED!

Here are some ways that you can get involved with the NJ OCF.

FOR PROFESSIONALS, CONSUMERS, AND THEIR FAMILIES:

- Tell your friends, family members, and other mental health professionals about us- word of mouth is one of our best advertisements!
- Join the National OC Foundation (www.ocfoundation.org). The New Jersey Affiliate gets some money from National each year to help keep us going. The amount of financial assistance we receive from them is dependent on the number of NJ residents that belong to the National Foundation.
- Subscribe to our newsletter. Help the NJ OCF save money and sign-up to receive via e-mail by contacting Nicole at torellani@aol.com. However, if you prefer to receive it in hard copy, please send the NJ OCF the annual subscription fee of \$5 to cover the mailing cost. We appreciate it!
- Write articles for our newsletter- you may write from a professional, consumer, or family member perspective. Book, movie, or TV reviews (see the latest Monk episode? What did you think?), personal experiences, poems, letters to the editor, or informative clinical material, reviews of our meetings and conferences, are all welcome.
- Advertise in our newsletter- we have a professional directory of business cards in each newsletter. At present, the newsletter goes out to over 1200 individuals and consumers throughout New Jersey.
- Come to our quarterly meetings- we always have great and informative speakers. The meetings are advertised in our quarterly newsletters (which come out approximately 4 weeks before each meeting), as well as on our website. They now take place at Robert Wood Johnson Hospital in New Brunswick, 7:30 - 9 pm on the 2nd Monday evening in the months of March, June, September, and December.
- Visit our website - www.njocf.org.
- Buy our DVDs – see the listings on our website and in the newsletter. We sell them at our annual conference also.
- Help us to get the word out about our meetings and conferences by volunteering to hand deliver our quarterly newsletters and our NJ OCF brochure once every 3 months to professionals and/or clinics that are in the area where you live and/or work. A personal delivery and a few words directly to a therapist or clinic director about an upcoming meeting or conference helps our information from getting lost in the deluge of mail that most professionals regularly get. Contact Ina at 732-828-0099 (9 a.m. - 9 p.m.)
- Start a self-help or a professionally run support group. We can help with getting the word out for free and, for self-help groups, to guide you through the process. Contact Ina.
- Help us with fundraisers- we would like to have an OCD picnic in the Spring, and a gift wrap program for bookstores in December, but we haven't had the manpower to put it together and make it happen. Contact Ina.
- Donate money- contributions are always helpful!

**SAVE THE DATE! FREE! FREE!
FOR THE 2008 MEETINGS!**

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

**March 10
June 9
September 8
December 8**

Please plan to join us! Our meetings begin at 7:30 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

**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
Dates to be announced

**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

Presenting At Your Local School

Whether layperson or professional, if you have an interest in presenting to a faculty meeting at your local school on the topic of OCD in the school environment, please contact Dr. Allen Weg at 732-390-6694 x1. You will make the contact and arrange for the presentation. We will provide you with a very specific script that you can read from and handouts which you can leave with the school staff. We will give you very specific instructions on what to say and how to share the handouts. The presentation takes less than 10 minutes.

This is being done as a way of fulfilling the National Obsessive Compulsive Foundation's mission of educating the general public about the disorder and encouraging early identification and treatment of OCD in school-age children. Please consider helping us out in this very worthwhile project.

**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 2008 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 for FREE, 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 _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

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 (9 a.m. - 9 p.m.). 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.

NEW SUPPORT GROUP IN JACKSON

A new support group is being held in Jackson, New Jersey. This group meets on Monday evenings, from 8:00 to 9:30 p.m. at the Debows United Methodist Church at 509 Monmouth Road in Jackson. If you are interested in attending the group, or would like more information, please contact Steve at (732) 779-5466.

NEW SUPPORT GROUP IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that a member of the Howell meeting is starting a new group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call John M. at (732) 691-3200. The group launched their first meeting on June 2nd, so if you live in the area and are looking for some OCD support, be sure to stop by and check it out!

PRINCETON GROUP 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.

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.

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.

**Starting a group?
Want it included here?
Call Ina at
(732) 828-0099
(9 a.m. - 9 p.m.)
and let her know the
details so it can be
added to the newsletter!**

NJ OCF DVDS NOW AVAILABLE!

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are put back into NJ OCF to help defray the costs of the organization. The following are now available in DVD format. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free! Also note that on our website, www.njocf.org, a full description of each DVD is available.

"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	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$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
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"Neurobiology of OCD," Dr. Jessica Page	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$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 - 5th Annual Conference	\$15.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Flying Into the Darkness - Revisited", Allen Weg, Ed.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJ OCF 6th Annual Conference	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 6th Annual Conference	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"Living with OCD" Panel, Part II - NJ OCF 7th Annual Conference	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00
"NAMI" Mr. Philip Lubitz	\$15.00
"Parenting Children and Adolescents with OCD: A Four Step Approach" Allen H. Weg, Ed.D.	\$15.00
NJ OCF - 8th Annual Conference, Parts I and II	\$25.00

Add \$4.95 each for S & H: _____ @ \$4.95 ea _____ Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped! Questions? Call Ina Spero at 732-828-0099 (9 a.m. - 9 p.m.)

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, March 10, at 7:30 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:

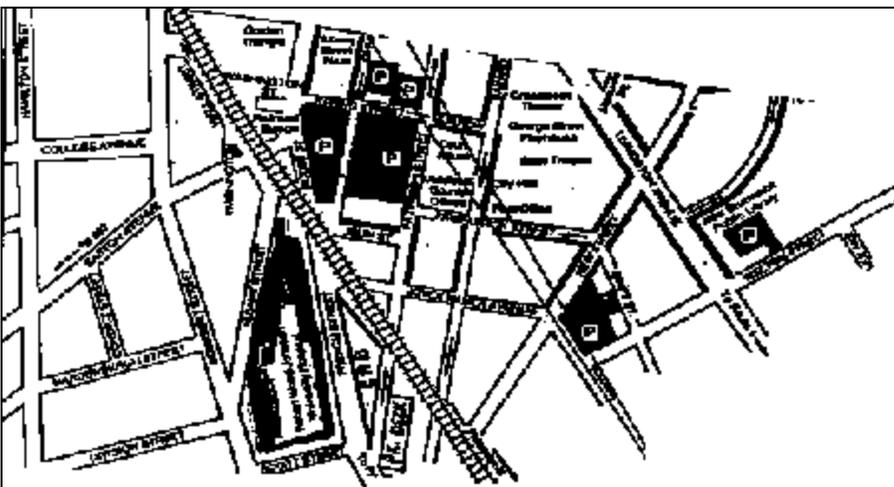
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.)	(973) 571-9563 (Diamond Hill United Methodist)
Boonton	(862) 268-6397
Brick	(732) 691-3200
Howell	(848) 702-5044
Jackson	(732) 779-5466
Marlton	(856) 751-1957
Montclair	(973) 472-8215
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Woodbury	(856) 853-2011 (day #) (Underwood Hospital)

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

ADDRESS SERVICE REQUESTED

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