

? What is Obsessive-Compulsive Disorder

OCD is a neuro-biological disorder that is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors that a person feels driven to perform (compulsions). Some of the more common symptoms are listed below; however, this is by no means an all-inclusive list. A person may have a few or a any combination of the following traits:

- ☞ Fear of germs and/or dirt
- ☞ Fear of violence or aggressive impulses
- ☞ Abhorrent religious or sexual thoughts
- ☞ Hoarding or obsession with order and/or arrangement
- ☞ Excessive Handwashing or Cleaning
- ☞ Repetitive actions: hair-pulling, counting, touching objects, checking locks, etc.
- ☞ Work-a-holism / Perfectionism

Obsessive Compulsive Anonymous (636) 394-0564

OCA is a 12-step program for people with Obsessive Compulsive Disorder (OCD). Not all members have a formal medical diagnosis of OCD, but all members possess manifestations of OCD or related anxiety/panic disorders that interfere with life functioning. It is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover from OCD. The only requirement for membership is an honest desire to recover.

OCA is not associated with any sect, denomination, politics, organization, or institution. Our primary purpose is to recover from OCD and to help others who still suffer from OCD.

Tuesdays 7:00 PM

*St. Louis City: Behavioral Medicine Institute -1129 Mackland Av.
(East of Forest Park Community College)*

Saturdays 10:00 AM

West County: Edgewood Program Health Center, 970 Executive Parkway Off of Mason Road (Just South Of Olive Street Road.) If you are coming from 270 go west on Olive, make a left onto Mason just past Barnes West Hospital & then a right onto Executive Parkway (Past Houlihans Restaurant)

OCA Weekly Meetings Are For Those 16 & Older Who Have Or Think They Have OCD!

***Last Updated on October 17, 2008 - Call 314-713-3736
to suggest corrections or changes to this flyer.***

OCA St Louis Web Site: OCAStLouis.com

All meetings
occur each week throughout the year
unless group leader cancels
because of a major holiday
(such as New Years Eve)

You are not Alone!

Do you think the same thoughts over and over?
Do you compulsively wash your hands?
Do you continually check locks, the stove, or other items?
Do you have trouble relaxing when not at work?

St. Louis OCA (636) 394-0564

See Details on other side
WEBSITE: OCAStLouis.com

Do you have OCD?
Obsessive-Compulsive
Disorder


Do you think the same thoughts over and over?

 St. Louis OCA...
Tools that break the cycle.

Do you compulsively wash your hands?

 St. Louis OCA...
A cleansing new freedom.

Do you continually check locks?

 St. Louis OCA...
The key to heart-felt security.

Do you have trouble relaxing when not at work?

 St. Louis OCA...
Time off for good behavior.

Find Hope through St. Louis OCA
(636) 394-0564

Or Go To: OCAStLouis.com
See Details Inside

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See details on back or go to: OCAStLouis.com