

# OCD STORIES: An evening of reflection, humor and education about OCD

Presented by the OCD Foundation of the San Francisco Bay Area  
and the International OCD Foundation

- Hear true stories from OCD patients about living with and overcoming obsessive compulsive disorder.
- Watch live as stories unfold from across the country.
- Listen to top OCD therapists and other experts as they share their personal experiences from working in the field.
- Get your questions about OCD answered by local cognitive behavior therapist.

**When:** Saturday, October 16  
3 to 6:30 PM PST

**Where:** Oshman Family Jewish Community Center/Palo Alto JCC  
3921 Fabian Way  
Palo Alto, CA 94303  
See directions below.

**What:** This is a national event that will give voice to those who are intimately affected by OCD. In the San Francisco Bay Area, the event will have three parts:

- Local therapist, Heidi Hartston, Ph.D., will present an overview of OCD and answer questions.
- In a live streaming video, doctors who treat people with obsessive compulsive disorder, family members of people with OCD, and those who suffer from OCD will engage in a night of true storytelling.
- Small group discussions after the event will allow attendees to have the opportunity to discuss and reflect on what they have seen and heard.

**Cost:** Admission is free.

**RSVP:** To RSVP or for more information, contact us by email at [ocdbayarea@yahoo.com](mailto:ocdbayarea@yahoo.com) or by phone at (415) 273-7273.

## Directions:

### Going either North or South on Highway 101:

- Take the San Antonio Road South exit toward Los Altos
- Right on Charleston Road
- Right on Fabian Way
- Drive about 0.2 miles to enter driveway & parking garage on the right

### Going either North or South on Interstate 280:

- Take the El Monte Avenue East exit
- Left on Foothill Expressway
- Right on San Antonio Road
- Left on Charleston Road
- Right on Fabian Way
- Drive about 0.2 miles to enter driveway & parking garage on the right

The entrance to the parking garage is the first right on Fabian Way. At the guard gate, tell the guard you are here for OCD Awareness Week. Then proceed to the parking garage. There is ample free parking. Using the stairs or elevators in the parking garage, go up one level to the main campus. The event will be held in Building E in Room E-104.

