

AFFILIATE UPDATE

New OCD Chicago Website Answers Your Questions

OCD Chicago has launched a brand new web site for individuals with OCD, family members and friends! Go to www.ocdchicago.org and find exciting new features to help you get the information and support you need.

Click on the section that fits your interest: Individuals, Parents, Friends & Family, College Students, OCD Facts or Personal Stories of OCD treatment successes. Special information is also available for members of the clergy and media. You'll find the web site is friendly with easy navigation. And you can print all of the content, email items to a friend or post to your social network.

More new features include an Expert Perspectives section with articles from recognized experts in the field of OCD, and an "Ask the Experts" blog that allows visitors to post comments and questions and review responses on the web site.

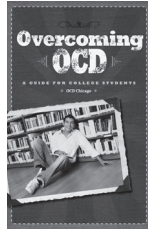
Within the next two months, a special School Personnel section – the OCD Education Station -- will be added to assist teachers, social workers and counselors in making a difference in the life of a child struggling with OCD.

Visit www.ocdchicago.org today!

New OCD Guide for College Students

OCD Chicago announces our newest OCD guide: *Overcoming OCD – A Guide for College Students*, published through

a grant from the Obsessive Compulsive Foundation.



Comprehensive and supportive, this guide reviews the special characteristics of managing OCD on a college campus. It offers encouraging and practical steps that college students with OCD can take to improve their lives.

Overcoming OCD addresses:

- Coping with the special stressors of being away from home and family
- Being away from a trusted therapist
- Life in a dorm
- New roommates and relationships
- Contamination issues
- The pressure of classes and school work
- How to handle OCD triggers
- Disability accommodations

The new guide will help college students understand what to expect and recommend strategies to access local treatment, support and other resources. It will help college students with OCD become powerful agents of change for their own recovery.

Overcoming OCD – A Guide for College Students is available as a free downloadable PDF at www.ocdchicago.org, the OCD Chicago web site. Individuals who are unable to download or who do not have a computer can write for a free copy by sending their name, full mailing address and the word "College" to OCD Chicago,

2300 Lincoln Park West, Chicago, IL 60614 or by email to info@ocdchicago.org.

Western PA Affiliate Hosts Trail Race



The OC Foundation of Western Pennsylvania will host its 2nd Annual Dirt Monster 5 Mile Benefit Trail Race and 1 Mile Trail Walk on Saturday, November 1 at 9:30AM in North Park and will include individual and team cross country style competitions with awards given in Open, Masters and Team divisions. Early registration fee \$15, Race day registration \$20, additional \$5 registration fee for teams. For more information and online registration please visit www.ocfwpa.org or email ocdirections@verizon.net for mail-in registration forms.