

OCT 7TH - 13TH
OCD
AWARENESS
WEEK

**TURNING
PAIN INTO
PURPOSE**

PEACEOFMIND.COM/OCDWEEK

#OCDWEEK

@PEACEOFMINDFOUNDATION

HOUSTON IN-PERSON EVENTS

Wednesday, October 10th | [OCD Support Group & Panel](#)

7pm–9pm (CST) at the Council on Recovery (303 Jackson Hill Street, Houston, Texas, 77007). Join your local OCD experts in an open discussion about OCD and related disorders. Following the panel, we will be breaking out into interactive support groups. This event is a great way to increase your knowledge about OCD and get connected with other sufferers and caregivers. Free event. [Click Here](#) to register.

Panel: [Wayne Goodman, MD](#), [Eric Storch, PhD](#), [Elizabeth McIngvale, PhD](#), [John Hart, PhD](#), and [Jelani Daniel, MA, LPC](#)

Tuesday, October 9th | [Kendra Gives Back Party](#)

6pm–8pm (CST) at Kendra Scott Rice Village (2411 Times Blvd, Suite 120, Houston, Texas 77005). Join Liz and the Peace of Mind Foundation for an evening of sips, sweets, and jewels! 20% of the proceeds benefits the Peace of Mind Foundation. [Learn More.](#)

FREE WEBINARS

Registration is free but is required to access the webinars

Sunday, October 7th | [OCD & Family: McIngvale Story](#)

2:00pm (CST) – It may seem like they have it all figured out but the struggle continues. Join us for a real authentic view into the struggles the McIngvale family faces on a daily basis around Elizabeth's battle with OCD. [Click Here](#) to register.

Monday, October 8th | [Kids Talk: Growing Up with OCD](#)

4:30pm (CST) – Growing up faces challenges in and of itself but for children and young adults suffering with Obsessive-Compulsive Disorder (OCD), the journey is rigorous. See OCD through the eyes of Vanessa Baier and Thomas Smalley as they share their personal battle with OCD. Hear from renowned OCD child expert, [Dr. Aureen Wagner](#) as she discusses OCD treatment for children and answers your OCD questions. [Click Here](#) to register.

Thursday, October 11th | [Living the ERP Life](#)

5:00pm (CST) – Learn how to apply Exposure with Response Prevention (ERP) into your daily life and how to prevent relapse from OCD advocates and experts, [Dr. Elizabeth McIngvale](#) and [Dr. Jonathan Abramowitz](#). [Click Here](#) to register.

Friday, October 12th | [OCD 101 Training](#)

9:00am (CST) – OCD 101 training is a 3-hour training offered to give individuals a strong overview of OCD focused on the symptomology of the disorder, assessment, diagnosis and treatment. This training is intended for professionals, counselors, teachers, and all those interested in learning more about OCD. [Click Here](#) to register.

Friday, October 12th | [OCD, Addiction, and Depression](#)

5:00pm (CST) – Join us as we hear a mother's perspective on OCD and addiction told by [Margaret Sisson](#), founder of [Riley's Wish Foundation](#) and professional perspectives on treating dual diagnosis of OCD and addiction by [Dr. Patrick McGrath](#) and important warning signs surrounding depression and suicidal thoughts by [Dr. Katrina Rufino](#). [Click Here](#) to register.