



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

ONLINE

ADULT WELLNESS GROUP

Obsessive Compulsive Disorder

Facilitated by a Clinical Counsellor

Open to: **Adults with OCD tendencies &
Family/Friends of those supporting someone with OCD**

**screening interview required*

Meetings on Zoom:
1st & 3rd Wednesday of each month
7:00pm - 9:00pm

- **Build Community**
- **Share Experiences**
- **Education/Research/Resources**
- **Guest Speaker Events**

Contact:

groups@cmhavf.ca



Supported by the Province of British Columbia
Available to Residents of British Columbia 19+

