

ONLINE

YOUNG ADULT WELLNESS GROUP

Obsessive Compulsive Disorder

*Facilitated by Young Adult Volunteers with lived experience
- Clinically Supervised -*

Open to **Young Adults with OCD tendencies**
ages 19 - 30

**screening interview required*

Meetings on Zoom:
4th Tuesday of each month
7:00pm - 8:00pm

- **Build Connections**
- **Share Experiences**
- **Education/Research/Resources**
- **Social Atmosphere**

Contact:

groups@cmhavf.ca



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

