

OCD PSYCHO-ED PEER SUPPORT

GROUP FOR INDIVIDUALS

1ST THURSDAY 6:30PM-8:30PM
36 EGLINTON AVE W. SUITE 602

The OCD Psycho-ed Peer Support Group for Individuals provides people who can relate to having experiences of OCD, with a safe a supportive space to:

- Talk about some of their OCD related challenges and successes*
- Give and receive peer support*
- Learn more about OCD and ways to manage related challenges*
- Share information and resources*

RSVP REQUIRED TO SAMANTHA AT
SAMANTHAF@MOODDISORDERS.CA OR (416)486-8046 EXT 222