



# The OCD Psycho-ed Peer Support Group for Families & Friends

Do you have a loved one who demonstrates **behaviours** that seem **excessive and repetitive**?

Does your loved one **seek ongoing reassurance**?

Is your loved one **isolating or avoiding** specific situations or things?

These could be early signs of Obsessive-Compulsive Disorder (OCD).

## The OCD Psycho-ed Peer Support Group for Families & Friends

provides support to individuals who have a loved one with Obsessive-Compulsive Disorder (OCD), or who suspect that a loved one might be experiencing OCD.

The group allows individuals to;

- ◆ Talk about some of their concerns
- ◆ Give and receive peer support
- ◆ Learn more about OCD and how to support a loved one
- ◆ Share information and resources

Sessions take place monthly

on the **3rd Thursday**

**of every month**

from **7 :00 pm to 8:50 pm**

**at 36 Eglinton Avenue W.,**

**Suite 602.**

Please **contact Debra** at [debraf@mdao.ca](mailto:debraf@mdao.ca) or

**416-486-8046 ext. 238 to register.**