



# 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?

## 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 pm to 9 pm**

at **36 Eglinton Avenue W.,**

**Suite 602.**

Please **contact Elyse** at [elyseg@mooddisorders.ca](mailto:elyseg@mooddisorders.ca) or

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