



The OCD Psycho-ed Peer Support Group for Individuals

Do you experience ***repetitive and intrusive thoughts***, that are causing you ***anxiety*** or ***distress***?



Ever engage in ***behaviours and/or mental acts to reduce your anxiety***, that you just can't seem to shake despite others'



concerns?

Do you feel ***stuck*** in a ***cycle*** of obsessions and compulsions?

The above experiences are characteristic of Obsessive-Compulsive Disorder (OCD). **The OCD Psycho-ed Peer Support Group for Individuals** provides people who can relate to having experiences of OCD, with a safe and 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

RETURNING FEB 2017:

Sessions will take place monthly, on the ***1st Thursday of every month***

from **6:30 pm to 8 pm**

at **36 Eglinton Avenue W.,**

Please contact Elyse at elyseg@mooddisorders.ca or

416-486-8046 ext. 238 to register.