



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

Association canadienne
pour la santé mentale
Vancouver-Fraser
La santé mentale pour tous

ADULT WELLNESS GROUP Obsessive Compulsive Disorder

****Facilitated by a Clinical Counsellor****

For adults with OCD tendencies and family/friends supporting someone with OCD

“The Unimagined Life is not Worth Living” (Hillman)



“The Unexamined Life is not Worth Living” (Plato)

Day: 1st and 3rd Wednesday of every month

Time: 7:00 p.m. - 9:00 p.m.

Location: Online through Zoom

British Columbia Residents Only

**Build Community - Share Personal Experiences
Education/Research/Resources
Guest speaker events**

Contact: groups.vf@cmha.bc.ca – (Screening Interview Required)

Please Note:

***We also have a Young Adult OCD group that meets
4th Wednesday of the Month (beginning 26th August 2020
7:00 – 9:00 p.m. (Ages 19 to 30)***

Contact: groups.vf@cmha.bc.ca – (Screening Interview Required)

Supported by the Province of British Columbia and



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