



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

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

WELLNESS GROUP

OCD - Young Adults - 19-30 year olds

“Healing is not Linear”



Day: 4th Wednesday of every month
(Start Date - 26th August 2020)

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

Location: Online through Zoom
British Columbia residents only

What do we do/What will you gain?
Build Community Connections - Share Personal Experiences
Guest speaker events
Organized get-togethers – Location: TBA

(Run by young adult volunteers with lived experience)
*****Clinically Supervised - Screening Interview Required*****

For more information contact: cheryse.vancouver@hotmail.com
To join the group contact: groups.vf@cmha.bc.ca

Please Note:

We also have an adult OCD group that meets
First and Third Wednesday of the Month from 7:00 – 9:00 p.m.
Contact: groups.vf@cmha.bc.ca



Supported by the Province of British Columbia and