

OCD Recovery Support Group - 2019



Centacare's **PACE** service offers a free support group for people living with obsessive compulsive disorder.

The OCD Recovery Support Group provides a safe and supportive environment in which to:

- Meet other people experiencing similar challenges
- Share your experiences with people who understand what you are going through
- Learn strategies to help you in your recovery

PACE support groups are co-facilitated by a Peer Worker with a lived experience of recovery.

Anyone over the age of 16 can attend, and you are welcome to bring a support person with you.

If you have OCD, the OCD Recovery Support Group can help.

Where: Payneham Community Centre – 374 Payneham Road Payneham

When: Thursdays (Fortnightly)

Dates:

25th July

17th October

Time: 10.00am – 12.00pm

8th August

31st October

22nd August

14th November

(Although 2 hours is allocated for the group, finish times are flexible and depend on the needs of the group)

5th September

28th November

19th September

12th December

For more information or to register phone 8303 6660 or email

pace@centacare.org.au