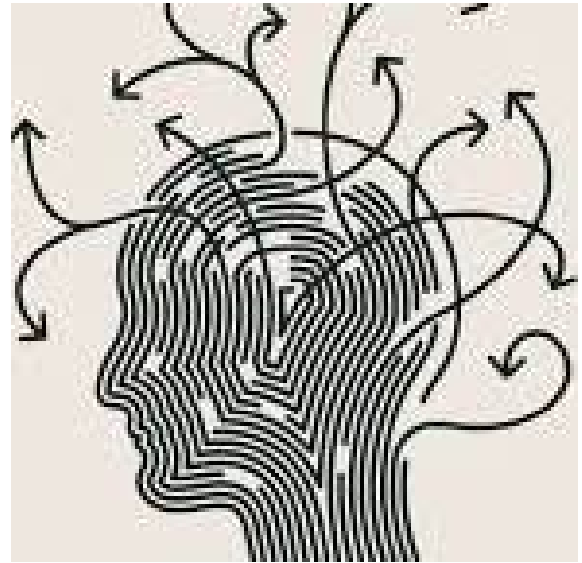


Provincial OCD Group

Virtual Group (via Zoom)
Ages 18+



Who is this group for?

Have you been diagnosed with OCD
(Obsessive Compulsive Disorder)?

Are you interested in learning more about
OCD and the treatment for symptoms?

Are you interested in group based
therapy with therapists specialized in
OCD Treatment?

If Yes:

For more details on
group, and how to
register,
visit our page on
Bridge the gap



Did you know:

That group
therapy is as effective as
individual therapy
to treat many mental
health issues, including OCD?

Details

8 sessions
Mondays 6:00 -8:00 pm
(island time)
February 02 - March 23, 2026
Virtual (via Zoom)

Facilitator:

Hilary Power, M. A., R. Psych. (Provisional)

email - nlgroups@nlhealthservices.ca