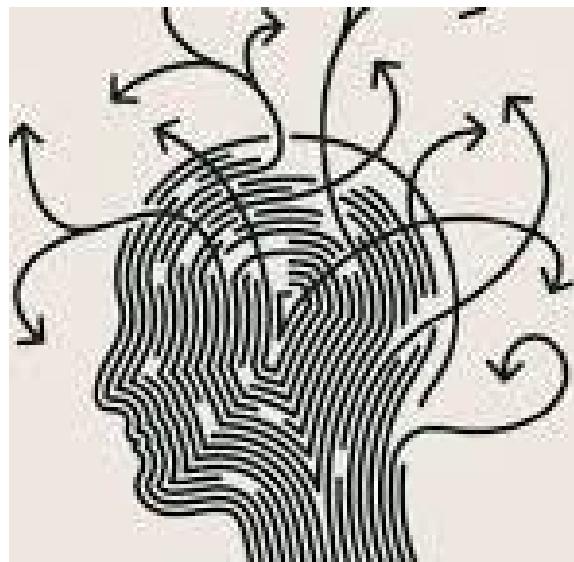


# Provincial OCD Group

**Virtual Group (via Zoom)**  
**Ages 18+**



**NL Health  
Services**



## 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 gapp



## 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](mailto:nlgroups@nlhealthservices.ca)