

## 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:** 24<sup>th</sup> January      2<sup>nd</sup> May

**Time:** 10.00am – 12.00pm

7<sup>th</sup> February      16<sup>th</sup> May

21<sup>st</sup> February      30<sup>th</sup> May

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

7<sup>th</sup> March      13<sup>th</sup> June

21<sup>st</sup> March      27<sup>th</sup> June

4<sup>th</sup> April

---

**For more information or to register phone 8303 6660 or email**

**[pace@centacare.org.au](mailto:pace@centacare.org.au)**