



**2026 Schedule**  
**Obsessive-Compulsive Disorder**  
**Caregiver Support Group**

January 8, 2026  
February 12, 2026  
March 12, 2026  
April 9, 2026  
May 14, 2026  
June 11, 2026  
July 9, 2026  
August 13, 2026  
September 10, 2026  
October 8, 2026  
November 12, 2026  
December 10, 2026

***These groups are held online via Google Meet. Please register at  
<https://www.aocdf.com/adults> each month.***

***Groups cap at 15 attendees.***

***When:*** Second Thursday of the month (once/month)

***Time:*** 7pm-9pm

***Email:*** [ocdalberta@gmail.com](mailto:ocdalberta@gmail.com)

***Website:*** [aocdf.com](http://aocdf.com)

(No fee for aocdf members)

