



2026 Schedule
Obsessive-Compulsive Disorder
Adult G.O.A.L Group

January 14, 2026
February 11, 2026
March and 11, 2026
April 8, 2026
May 13, 2026
June 10, 2026
July 8, 2026
August 12, 2026
September 9, 2026
October 14, 2026
November 11, 2026
December 9, 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 Wednesday of the month (once/month)

Time: 7pm-9pm

Email: ocdalberta@gmail.com

Website: aocdf.com

(No fee for aocdf members)