



Alberta OCD Foundation

Obsessive-Compulsive Disorder GOAL Support Group

The group will meet once/month on the second Wednesday evening from 7pm-9pm online. Groups are facilitated by an aocdf volunteer with OCD lived experience. GOAL stands for "Giving OCD Another Lifestyle" based on the GOAL Handbook by Dr. Jonathan Grayson. The main objective of the GOAL group is to help each attendee develop self-help skills in an atmosphere that offers emotional and practical support.

The GOAL group is free and open to all adult individuals who suffer from OCD. Since the purpose of the group is to provide a peer support system and information exchange for people with this disorder, the groups are not open to family members or friends.

7:00pm - Introductions and Discussion

Introduction: In 2 minutes or less, please share:

- Your name
- Your Alberta city/town
- Icebreaker Question: (*Eg. If you were able to travel anywhere, where would you go and what is stopping you?*)
- A short description about your OCD (If comfortable)
(*Eg. I struggle with contamination, magical thinking and health OCD. I doubt everything I do and ask for reassurance regularly. I am currently unable to work.*)

Open Discussion Question – Everyone in attendance will have an opportunity to share their feelings and thoughts on the discussion questions chosen by the volunteers.

8:15pm - 5 Minute break (Grab a Snack/Use washroom)

8:20pm – *GOAL Planning* – Each member will be encouraged to choose a specific goal for the upcoming month. The purpose of choosing goals is to help formulate concrete, constructive behaviours which will aid in the reduction and control of OCD symptoms. Though each member is encouraged to choose a goal, the decision to do so remains voluntary. The aocdf volunteer may offer assistance on how to achieve the goal based on their personal experiences.

For more information, please contact ocdalberta@gmail.com or visit aocdf.com.

Location: Online

When: On the second Wednesday of the month (once/month)

Time: 7pm-9pm

Email: ocdalberta@gmail.com

Website: aocdf.com

No cost