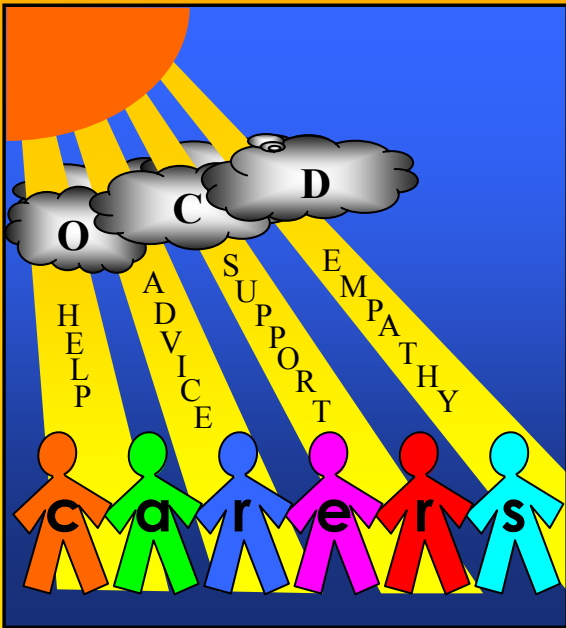


# OCD Carers Support Group



## Aims:

- To improve the quality of life of OCD carers through advice, guidance and emotional support.
- To provide a confidential and empathic environment specifically for OCD carers.
- To give helpful information about access to relevant resources.

## Meetings:

- Daytime: Fortnightly on Thursdays, 1.30 - 3pm from 10<sup>th</sup> September, 2009.
- Evenings: Fortnightly on Wednesdays, 7.00 - 8.30pm from 16<sup>th</sup> September, 2009.
- At the Stevenage Wellbeing Centre, 13 Town Square, Stevenage, Herts., SG1 1BP.
- Open to all in Hertfordshire.
- No charge for attendance.

## Further details:

- Please contact Jenny Robinson (group leader) on 07769639186 or via email [Jenny@Feellighter.co.uk](mailto:Jenny@Feellighter.co.uk)