



The University of Windsor, Psychological Services and Research Centre:

# Living Fully

A group for OCD

Do you find yourself spending a lot of time and energy fighting with anxiety?

Do you feel overwhelmed by intrusive thoughts, images, or impulses that you feel you can't control?

Do you constantly check, arrange, wash, or count in order to find a bit of peace?

Are you tired of fighting with yourself?

**If you struggle with symptoms of Obsessive Compulsive Disorder (OCD), this group is for you.**

For more information and to sign up, please call:  
519-253-3000 ext. 3375

Or email us at: [livingfullygroup@gmail.com](mailto:livingfullygroup@gmail.com)

**Meeting Date & Time:**

Mondays  
4:30 – 6:00pm

**Beginning:**

February 4, 2019

**Location:**

University of Windsor,  
Psychological Services and Research Centre

**Cost:**

Free!

**Space is limited.**

Call now to schedule an intake.

Supervised by:

Dr. Annette Dufresne,  
Clinical Psychologist