



**2025 Schedule**  
**Obsessive-Compulsive Disorder**  
**Adult G.O.A.L Group**

January 8, 2025  
February 12, 2025  
March 12, 2025  
April 9, 2025  
May 14, 2025  
June 11, 2025  
July 9, 2025  
August 13, 2025  
September 10, 2025  
October 8, 2025  
November 12, 2025  
December 10, 2025

***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)