

# Free OCD Support Group

First Tuesday of every month from 5:30–6:30pm EST



John  
Mohammadioun,  
PsyD.



Meredith Post,  
LPC

- This group is intended to provide a space and community for those living with OCD to feel supported and support one another.
- We will discuss topics brought up by group members and the group facilitators
- While this group is not a substitute for therapy, it can be a supplemental support for those considering seeking therapy, already in therapy, or stepping down from therapy.