



October 28

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Obsessive- compulsive Disorder

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, October 28, 7 pm
Free. All welcome.**

**Dr. Caitlin Claggett Woods, C.Psych,
from the Ottawa Institute of Cognitive
Behavioural Therapy will discuss the
symptoms of OCD and provide
practical tips to help caregivers
support their loved ones.**