

**Bi-Weekly Group**  
Wednesdays  
12:00 - 1:00pm



## OCD Group

A structured bi-weekly group for people experiencing mild to moderate OCD (no formal diagnosis required).

This is a safe, supportive space to share experiences, explore how OCD affects daily life, and look at practical ways of managing symptoms and challenges.

Each session focuses on a different topic related to living with and managing OCD, helping you build understanding, coping strategies, and confidence over time. Sessions are guided but also shaped by the needs and experiences of the group.



[catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)



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