



in your hands

TIME:
2.30 pm – 4.30 pm

VENUE:
**AGAPE VILLAGE
7A Lorong 8 Toa Payoh**

TARGET AUDIENCE
**For Individuals with
Obsessive-Compulsive
Disorder**

TO REGISTER
Call 6757 7990

"An important first step would be for you to recognize you're capable of recovery"

Every journey of a million miles begins with a single step. The best pathway forward is to take that first step. Intentional steps is necessary to set you on the road to recovery and pathway to wellness.

The choice to move forward is in your hands.

IN YOUR HANDS is a process-oriented group designed to connect individuals in recovery from obsessive-compulsive disorder (OCD). Members both give and receive emotional and practical support surrounding the struggles associated with living with OCD and share their thoughts in a friendly, welcoming environment.

The group meets once a month on third Wednesday afternoon and the schedule for the rest of 2019 is available on Clarity's calendar. Please schedule meeting with facilitators before starting group.

The objectives of the programme are:

- To build a **sense of community** in support of recovery,
- To provide a safe space that promotes **personal growth and self-understanding**
- To explore various **thoughts, emotions and changing of behaviours** to cope more effectively with life, and
- To achieve a **life of wellness**.



CLARITY
Happiness Within Your Reach

*Clarity Singapore is a Catholic charity that
lights the way to mental well-being*