



IN YOUR HANDS

A process-oriented group for Persons-in-recovery with Obsessive-Compulsive Disorder* (OCD)

You will:

- Explore your thoughts, emotions and changing of behaviours to cope effectively with OCD
- Have a safe space that promotes self-efficacy and personal growth
- Build a sense of community support with other individuals in the journey of recovery

You are **not alone** in this journey of recovery from OCD.

Join us to learn how you can own your recovery, go beyond your struggles with OCD and live a meaningful life.

The first step is in your hands!

Connect with Us

An initial assessment for programme suitability will be conducted for interested individuals

WHEN

Every 3rd Wed of the month
2.30pm – 4.30pm

WHERE

Agape Village
7A Lorong 8 Toa Payoh
S319264



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registration@clarity-singapore.org



ClaritySG



theYESinitiative



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*Obsessive-Compulsive Disorder is a mental health disorder that affects people of all ages and walks of life, and occurs when an individual gets caught in a cycle of obsessions and compulsions which can impede the ability to function in their daily lives.


CLARITY
Happiness Within Your Reach

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