DO YOU HAVE OCD?
THIS GROUP IS FOR YOU

Starting this September, the ARC will offer a new support group tailored to those who have Obsessive-Compulsive Disorder. This group is facilitated by Mental Health Professionals Caroline Hall and Alan Carriero. The cost to attend is $5 per person, discounted if you become a member of the ARC.

We encourage you to stop down and try the group. There's hope in finding others who you can relate to. Share your story (if you choose) in a safe and confidential setting.

“You get lonely when you have OCD. A lot of people don't understand and don't care. Something that is a real fear to me isn't real to them. Coming to someplace like the ARC, being around people who are the same, who can commiserate with you ... they understand. You can't do this battle alone." - Scott (ARC attendee)