

OCD and Hoarding Disorder Information Session

Learn about Obsessive-Compulsive Disorder (OCD) and Hoarding Disorder, including common signs and symptoms, impacts on daily life, and common misconceptions. Participants will gain practical and compassionate strategies for supporting affected individuals and family members, and information about the services available at the CMHA OCD and Hoarding Services unit. This session aims to build awareness, reduce stigma, and equip families, caregivers, and service providers with tools to respond in a supportive and informed way.

Presented in partnership with the Canadian Mental Health Association (CMHA).

Charleswood Library
6-4910 Roblin Blvd.

Wednesday, April 29
2-3:30 p.m.



Free. To register phone, visit a branch, scan the QR code, or visit **winnipeg.ca/library**



**Canadian Mental
Health Association**
Manitoba and Winnipeg
Mental health for all

