



Understanding OCD Workshop

A chance to share and learn from each other

1st February 2020, 9:45am to 1:30pm

The Meadows Community Centre

Saint Catherines Road, Cambridge, CB4 3XJ

For people living with Obsessive Compulsive Disorder, their family and friends. Also open to professionals supporting people affected by OCD.

Presentations by:

- People with lived experience
- Dr Rob Willson CBT Therapist and co-author of Overcoming OCD.

Lunch included

Find out more and book

Jonathan Wells, Rethink Carer Support

Call **07342 691768**

Email jfgwells57@gmail.com

We have received support from the



Cambridgeshire
Community
Foundation

ocdaction
it's time to act



Event organised by Rethink Carer Support Cambridgeshire and Peterborough.

We provide support for carers of people with mental ill health by phone, email and local meetings.

Call **07783 267013**

Email cambridgecarersgroup@rethink.org

