

Community Education Service



Improving emotional health and wellbeing

Understanding OCD:

An Overview of Obsessive Compulsive Disorder

Lisa Skriver, MEd. RPsych.
The Family Psychology Place

This session will focus on understanding what OCD is, who is affected by OCD, and the treatments available. There will also be information about resources and support available for individuals with OCD and their families.

February 5th , 2026
11:00 AM – 12:30 PM

[Click here to register](#)

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **The Family Psychology Place**.

ces@recoveryalberta.ca | <http://community.hmhc.ca> | 403 955 4730