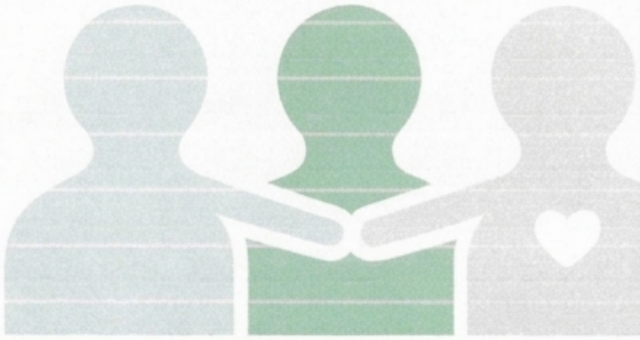
FIND STRENGTH IN COMMUNITY

OCD Peer Support Group

You Are Not Alone. Join our safe, understanding, and welcoming space designed to foster healing, connection, and peer support for individuals navigating OCD.



What We Offer

- Peer-led discussion & support
- Shared experiences & understanding
- A space to reduce isolation
- 100% non-judgmental environment
- Remote option! (reach out for zoom link)

Check out our meet up page

Meeting Details

WHEN Every Other Thursday
6:00 PM - 7:30 PM

WHERE Ripton Community Broadband
356 Howe Ave Ste 2
Shelton, CT 06484

ALL ARE WELCOME - Adults (18+) Affected by OCD

Contact Us / Just Show Up!

Phone: (203) 906-5225 | Email: SheltonOCDSupport@gmail.com