

OCD Support Groups Across Canada

Canadian OCD Foundation – Parent/Caregiver/Family Support Groups

If a loved one is living with obsessive-compulsive disorder (OCD), finding support can be a crucial step in understanding the condition and helping your loved one. This resource list is for parents, caregivers, and families of individuals with OCD. In addition to these groups, there are many other mental health support groups for parents, caregivers, and families impacted by OCD across Canada.

The following organizations offer opportunities to connect with others who share similar experiences, gain practical advice, and find a sense of community. Please note that the Canadian OCD Foundation does not endorse these resources or guarantee outcomes. The information provided is self-reported and for informational purposes only.

- **Alberta OCD Foundation Family & Caregiver OCD Support Group**
 - **Contact:** [Caregivers / Family Members | AOCD](#)
 - **Meeting Day & Time:** Second Thursday of each month from 7:00 pm to 8:30 pm. Register online at the above link with your email address, and you will receive a meeting invite link the day before the meeting.
Open To: Family members and caregivers of someone who lives with OCD who live in Alberta.
 - **Fee:** Free
 - **Description:** This support group offers an opportunity to meet other family members or caregivers of someone who lives with OCD. It is a supportive environment with a drop-in format that also provides tips and resources. The group is run as a peer-support model rather than led by clinicians and includes members who have valuable lived experience with children with OCD.

- **AMI-Quebec – Anxiety/OCD Support Group**
 - **Contact:** Email program@amiquebec.org or call 514-486-1448
 - **Meeting Day & Time:** First Monday of every month, 6:30 pm to 8:00 pm,

virtual.

- **Open To:** Anyone with OCD challenges, as well as family and friends of those with OCD.
 - **Fee:** Free
 - **Description:** This Anxiety/OCD Support Group provides a warm welcome to anyone with OCD challenges, and family and friends of those with OCD. A medical diagnosis is not required. Join on Google Meet, no registration required. Looking for a safe and confidential place to vent, learn, and hear from people who understand what you're going through? This support group aims to help participants feel less alone and better understood. Facilitated by people who have experience, either as a family caregiver or having lived with OCD, they offer an opportunity to develop a healthy perspective on OCD, explore coping strategies, and learn about support services and resources in the community.
- **Nova Scotia CMHA – OCD Parent & Caregiver Peer Support Group**
 - **Contact:** Stacey Black, Dr. Julie MacDonald, and Nanette Shroff
 - **Email:** ocdpacsq@gmail.com
 - **Meeting Day & Time:** Monthly starting October 17th from 7:30 pm – 9:00 pm, virtual. Participants will decide as a group when future meetings should be held.
 - **Open To:** Nova Scotians across the province.
 - **Fee:** Free
 - **Description:** Caring for a child with OCD can feel overwhelming, isolating, heartbreaking, and exhausting. Join the OCD Parent & Caregiver Virtual Peer Support Group to find a community of parents and caregivers who truly understand what you are going through. The OCD Parent & Caregiver Peer Support Group is a safe space to share your experiences; connect with others who understand the unique challenges you're facing; share without judgment; and learn strategies to cope, from those who've been there. Join this supportive community today!
- **OCA Toronto First/Obsessive Compulsive Anonymous Toronto**
 - **Contact:** Jennifer, ocatorontogroup@gmail.com
 - **Meeting Day & Time:** Fourth Saturday of each month from 10:00 am to 11:30 am
 - **Open To:** Those with OCD as well as their supporters.
 - **Fee:** Free

- **Description:** OCA Toronto is rooted in the 12 Step Program affiliated with [OCA World Services](#). Their website contains resources and information on daily virtual and phone meetings, which include opportunities for sponsorship in the 12 Step Program for OCD. These confidential meetings employ various formats, including personal stories and thematic presentations, but the voluntary sharing of our experiences, strength and hope is at the heart of every meeting. Members also have the opportunity to exchange phone numbers and email addresses and join our confidential Facebook group. Although our in-person meetings began in Toronto, OCA Toronto is pleased to be able to welcome attendees from anywhere via Zoom or by phone. Those at OCA receiving professional help for OCD have found this program a welcome addition and want to express: You are no longer alone!

- **OCD North - Support Group for Parents & Caregivers of Children with OCD: Drop-In Virtual Support Group**
 - **Contact:** Heather Armstrong, info@ocdnorth.com
 - **Meeting Day & Time:** The last Thursday of each month from 7:00 pm - 8:30 pm.
 - **Open To:** Parents and caregivers across Canada.
 - **Fee:** Free
 - **Description:** This parent-led virtual Parent Support Group is a drop-in group, making it convenient and accessible for parents and caregivers across Canada. There is no need to register in advance; participants can simply join online. Visit ocdnorth.com/book-a-program, then choose Parent Support from the drop-down menu. The group is led by parents who share an isolating yet relatable perspective, reminding you that you are not alone. Share your experiences, challenges, and successes with others who understand what you're going through. Gain practical advice and strategies for supporting your child, managing stress, and navigating treatment options in a confidential and non-judgmental environment where you can express your concerns and ask questions freely. This group also features guest speakers.

- **OCD Toronto Support Group**
 - **Contact:** Nathan Poon or Christine Chiu, Co-Facilitators, 647-290-9409
 - **Email:** ocdtorontocan@gmail.com
 - **Meeting Day & Time:** The third Tuesday of the month from September

to June, 7:00 pm – 9:00 pm. Two meeting formats: virtual via Zoom and in person at Romero House Centre, 1558 Bloor Street West (Dundas West subway), with free street parking in front of the Centre after 6:00 pm.

- **Open To:** Persons with OCD, their family and other supporters.
 - **Fee:** Free
 - **Description:** Our peer-led volunteer-run support group has been meeting for over 30 years. The group fosters a safe, comfortable and confidential space to share experiences and advocate for recovery at everyone’s own pace. We facilitate Wellness Tools presentations by health care practitioners, the mental health community and members, such as Food & Mood, Exposure & Response Prevention Therapy, My OCD Journey plus Self-Care Planning, etc. We also host and organize social gatherings. Meetings are drop-ins, although email registration is required. Members can join our private Facebook Page as well.
- **Parents of Adult Children with OCD (US and Canada)**
 - **Contact:** Susan A Lane/ Kathy Stocking
 - **Email:** ocdparents4parents@gmail.com
 - **Meeting Day & Time:** Twice per month, Virtual. Please [email](#) for details.
 - **Open To:** Parents of Adult Children (minimum age 18) with OCD, from the United States and Canada.
 - **Fee:** Free
 - **Description:** Our parent-led groups provide parent-to-parent support to parents of adult children with OCD. It is a safe place for parents to connect with each other, share experiences, ideas, and resources, and receive compassionate support from other parents who are on a similar journey. We also hold special online events with invited guest experts who have specialized expertise in OCD and/or have lived experience.
 - **Sunnybrook OCD Family Support Group in conjunction with Hope + Me, Frederick W. Thompson Centre for Anxiety Disorders and Mood Disorders Association of Ontario**
 - **Contact:** Register at hopeandme.as.me/OCDfamilysupport to access the group. Call for registration help or more information, toll-free, at 1-888-486-8236.
 - **Meeting Day & Time:** First Tuesday of each month, 6:30 pm to 8:30 pm, virtual via Zoom.
 - **Open To:** Anyone over the age of 18 who is a family member or loved one

supporting someone with OCD. Participants must live in Ontario.

- **Fee:** Free
- **Description:** In conjunction with Hope + Me, Sunnybrook's Frederick W. Thompson Centre for Anxiety Disorders offers a monthly online peer support group for family members of loved ones living with OCD. This group is facilitated by trained family peer support volunteers. Come gather and support one another through these challenging times in a safe, judgment-free space.

U.S. Support Groups that Accept Canadians

- **Courage to Caregivers**
 - **Contact:** Jenny, Director of Programs
 - **Email:** jenny@couragetocaregivers.org
 - **Meeting Day & Time:** Virtual sessions begin at 7:00 pm EST on Mondays, Tuesdays, and Wednesdays, as well as 11:00 am EST on Wednesdays. Participants must register using their registration form.
 - **Open To:** Any caregiver who has a family member with a mental illness, including OCD.
 - **Fee:** Free
 - **Description,** from Courage to Caregivers: We want you to know, as a caregiver, you are not alone. While this support group is not specifically about OCD, many of our participants are affected by a family member with OCD. Our group coaching sessions (support groups) are co-facilitated by a licensed professional or certified Family Peer Support Specialist, along with a trained peer specialist volunteer who has experience caring for a loved one. The goals for our group include reinforcing a variety of skills that seek to build resilience and empower the mental illness caregiver as well as establish a caring community. **Email Jenny** with any questions or to schedule a quick call to get to know each other. We have an onboarding process with your privacy and confidentiality in mind. It usually starts with a quick phone chat with Jenny to make sure we can meet your expectations, **or** you can go ahead and register, and we'll work to onboard you. Once you complete your registration, sign our waiver, and are onboarded, you'll receive access to our virtual meetings.

- **GSO OCD Family Member Support Group**
 - **Contact:** Rhonda Wakefield (in North Carolina)
 - **Email:** gsoocdfamilies@gmail.com
 - **Meeting Day & Time:** Usually first or second Wednesday of the month, 7:00 pm – 8:00 pm, virtual.
 - **Open To:** Family members and parents of those with OCD anywhere in the world.
 - **Fee:** Free
 - **Description:** This virtual professionally led support group provides a supportive, confidential environment to allow parents, partners, and family members of children and adults with OCD and OCD-related conditions to meet on a monthly basis. The group will give its members the opportunity to receive and offer hope, provide support, discuss OCD accommodations, and form connections. Participants will discuss ways to encourage and motivate their loved ones in their Exposure and Response Prevention (ERP) goals and how to stop participating in rituals. Attendees will have an opportunity to discuss their personal experiences and challenges, as well as get expert information about OCD and related conditions.

- **Mental Health Community**
 - **Contact:** Ryan Glubo
 - **Email:** mentalhealthcommunity86@gmail.com
 - **Meeting Day & Time:** Second Tuesday of every month, 6:00 pm EST, virtual via Google Meet.
 - **Open To:** Anyone dealing with or who knows someone dealing with OCD, anxiety and/or depression.
 - **Fee:** Free
 - **Description:** This support group is run via Google Meet for adults who suffer from OCD, depression and/or anxiety, as well as their loved ones. It is a group for individuals to be able to listen or speak as much as they want and offer support to one another. This is not a therapist-run group; rather, it is a group to let others know that they are not alone and offer a way to discuss some things that are going on in their lives. Please email Ryan Glubo to be added to the invite to join the group. Please note that while Ryan is not a doctor or therapist, he is someone with lived experience who feels a support group is a great way to help others feel supported and less alone.

- **OCD Support Group for Families and Loved Ones**
 - **Contact:** Liz Tronsden, email ltronnsen@gmail.com or call 562 213-2191
 - **Meeting Day & Time:** Second Saturday of each month, 11:00 am – 1:00 pm PST, virtual.
 - **Open To:** Family, friends and those affected with OCD and related disorders.
 - **Fee:** Free
 - **Description,** from the group: We bring together families, friends, and those affected with OCD and similar disorders for increased knowledge, understanding, and support. We meet monthly by Zoom to share ideas, issues, problems, community information, therapist resources, success stories, etc. If you are interested in more information, please contact Liz Tronsden (phone & email above). To be added to our mailing list, please provide your email address. The Zoom information is sent out monthly. URL provided to participants monthly.

- **Parents of Anxious Kids (PoAK) Support Group**
 - **Contact:** Jeanette Nogales (in New Hampshire), ocdnhinfo@gmail.com
 - **Meeting Day & Time:** Second Tuesday of the month at 8:00 pm EST, virtual via Zoom.
 - **Open To:** Parents of school-aged children with OCD/anxiety-related disorders.
 - **Fee:** Free
 - **Description:** The group is facilitated by Jeanette Nogales, LCMHC, M.Ed., C.A.G.S. of The OCD and Anxiety Center for Change. This group is free to attend, and attendees do not have to live in New Hampshire to participate. Please email ocdnhinfo@gmail.com for the Zoom link.

Notes

- A number of **US-based** support groups meet virtually and are open to any parent/caregiver/family member, regardless of location. Learn more on the [IOCDF website](#).
- **Do you run a support group or treatment group? Add it to the Resource Directory on the IOCDF website!** If you already run a support group for OCD and related disorders in your area, create a free listing in IOCDF's [Resource Directory](#) to help more people find your group.

- Can't find a group in your area? Consider starting your own support group! You don't need to be a mental health professional to run an effective support group. Take a look at the IOCDF's [Guide to Starting a Support Group](#).
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