

## G.O.A.L. Support Groups:

- Free the individual with OCD from the isolation of feeling alone
- Help members appreciate the individuality of people who share a common problem
- Promote sharing of experiences, strategies, and insights between members
- Help those suffering from OCD to:
  - Understand the nature of their OCD
  - Understand how a problem can have biological components, yet require an intervention that goes beyond simply taking medication
  - Take steps to begin to gain control over their OCD.

Company Name  
Street Address  
City, ST ZIP Code

Recipient Name  
Address  
City, ST ZIP Code

# G.O.A.L.\* Support Groups for Individuals with OCD

Free support groups for individuals with Obsessive-Compulsive and Related Disorders in the Richmond, VA area.



\* Giving individuals with **O**bsessive-compulsive disorder **A**nother **L**ifestyle



## Welcome

If you are an adult who has been diagnosed with Obsessive-Compulsive Disorder by a licensed mental health professional, you are welcome to attend one or both monthly support groups. Since the purpose of the meetings is to provide a peer support system and information exchange for people with this disorder, meetings are not open to family members or friends.

Support groups are not meant to function in place of individual therapy, but can be of therapeutic benefit. Individuals who have been newly diagnosed, those who are involved in active therapy, and those who are working to maintain their recovery are all welcome.

The main objective of these groups is to help each member develop self-help skills in an atmosphere that offers emotional and practical support.

## First Wednesday of the Month @ 7:00 pm



Courthouse Commons Office Park  
4118 E. Parham Rd., Ste. C  
Richmond, Virginia 23228

## Third Wednesday of the Month @ 7:00 pm



DBHC Harbour Pointe Offices  
5931 Harbour Park Drive  
Midlothian, Virginia 23112

Groups are professionally led by licensed clinical psychologists:

Gail M. Quick, Ph.D.

---

Dr. Quick facilitates the First Wednesday of the Month G.O.A.L. group.

Phone: [\(804\) 591 - 0002](tel:8045910002)

Email: [gquick@vadcc.com](mailto:gquick@vadcc.com)

Website: <http://www.vadcc.com>

Robert S. Falk, Ph.D.

---

Dr. Falk facilitates the Third Wednesday of the Month G.O.A.L. group.

Phone: [\(804\) 639-1136](tel:8046391136)

Email: [bfalk@dbhhelp.com](mailto:bfalk@dbhhelp.com)

Website: <http://DBHHelp.com>

Contact us for additional information. *A phone contact is requested before you attend your first group.*

For information about OCD:  
<https://iocdf.org/>