

Exploring Your OCD Experience Through Art



Presenters



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Introductions

1. Your first name
2. If you had an hour to spend however you wanted, what would you do?



Mind-Vomit

By Saira-Jayne Jones





Seeking Peace

By Amrit Preet



Art Prompt:

What does it feel like to have your OCD?

Sharing Your Experience

What did you feel while doing this art project?

Did you learn anything about yourself?

How can you use art on your own to process your feelings?