

OCD BOOSTER GROUP

This booster group is designed for clients who have recently completed treatment at the Anxiety Treatment and Research Centre (ATRC) for Obsessive Compulsive Disorder. The group occurs monthly and is on a drop-in basis. The sessions are facilitated by Karen Rowa, Ph.D., C.Psych and Phil Shnaider, Ph.D., C.Psych (Supervised Practice)

For more information, please call Lisa Di Nardo, Group Treatment Coordinator at: 905-522-1155, Ext. 32168

GOALS

- Prevent relapse
- Help with continued exposure practice
- Provide support

HOW WE GO ABOUT THIS

- **Reinforce Skills:** We review and practice the skills learned during the treatment sessions. Group members are encouraged to support each other and help one another problem solve.

The Booster Group will be held at the ATRC at the West 5th Campus of St. Joseph's Healthcare (100 West 5th Street) on **THURSDAYS from 3 to 5 p.m.**

The monthly schedule is as follows:

Thursday, January 31, 2019

Thursday, February 28, 2019

Thursday, March 28, 2018

Thursday, April 25, 2019

Thursday, May 30, 2019

Thursday, June 27, 2019

Thursday, July 25, 2019

Thursday, August 29, 2019

Thursday, September 26, 2019

Thursday, October 31, 2019

Thursday, November 28, 2019

Thursday, December 19, 2019