

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.

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 30, 2020

Thursday, February 27, 2020

Thursday, March 26, 2020

Thursday, April 23, 2020

Thursday, May 28, 2020

Thursday, June 25, 2020

Thursday, July 30, 2020

Thursday, August 27, 2020

Thursday, September 24, 2020

Thursday, October 29, 2020

Thursday, November 26, 2020

Thursday, December 17, 2020