

OCD BOOSTER GROUP

The Booster group is designed for clients who have completed treatment at the Anxiety Treatment and Research Clinic (ATRC) for Obsessive Compulsive Disorder. The group occurs monthly. The sessions are facilitated by Karen Rowa, Ph.D., C.Psych.

GROUP GOALS

- Maintain gains and prevent relapse
- Address remaining anxiety symptoms
- Help with continued CBT skills practice

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 is held on the last **THURSDAY of each month from 3:30 to 5:00 pm.**

*All Booster groups are facilitated virtually until further notice. Please contact the clinic at **(905) 522-1155 ext 35377** to register.

The monthly schedule is as follows:

Thursday, September 23, 2020
Thursday, October 29, 2020
Thursday, November 26, 2020
Thursday, December 17, 2020
Thursday, January 28, 2021
Thursday, February 25, 2021
Thursday, March 25, 2021
Thursday, April 29, 2021
Thursday, May 27, 2021
Thursday, June 24, 2021
Thursday, July 29, 2021
Thursday, August 26, 2021
Thursday, September 30, 2021
Thursday, October 28, 2021
Thursday, November 25, 2021
Thursday, December 16, 2021