

VIRTUAL OCD BOOSTER GROUP

The Booster Group is designed for clients who have completed treatment at the Anxiety Treatment & Research Centre (ATRC) for Obsessive Compulsive Disorder. The group occurs monthly. The sessions are facilitated by psychologists Karen Rowa and Jenna Boyd.

GROUP GOALS

- Maintain gains and prevent relapse
- Review CBT for OCD skills
- 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 over secure zoom. Please contact the clinic at: **(905) 522-1155 ext 35377** to register.

The Monthly Schedule is as follows:

Thursday, January 27, 2022

Thursday, February 24, 2022

Thursday, March 31, 2022

Thursday, April 28, 2022

Thursday, May 26, 2022

Thursday, June 30, 2022

Thursday, July 28, 2022

Thursday, August 25, 2022

Thursday, September 29, 2022

Thursday, October 27, 2022

Thursday, November 24, 2022

Thursday, December 22, 2022