

VIRTUAL OCD BOOSTER GROUP

The booster group is designed for clients who have completed treatment at the Anxiety Treatment and 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 26, 2023
Thursday, February 23, 2023
Thursday, March 30, 2023
Thursday, April 27, 2023
Thursday, May 25, 2023
Thursday, June 29, 2023
Thursday, July 27, 2023
Thursday, August 31, 2023
Thursday, September 28, 2023
Thursday, October 26, 2023
Thursday, November 30, 2023
Thursday, December 21, 2023