

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 25, 2024
Thursday, February 29, 2024
Thursday, March 28, 2024
Thursday, April 25, 2024
Thursday, May 30, 2024
Thursday, June 27, 2024
Thursday, July 25, 2024
Thursday, August 29, 2024
Thursday, September 26, 2024
Thursday, October 31, 2024
Thursday, November 28, 2024
Thursday, December 19, 2024