

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 30, 2025
Thursday, February 27, 2025
Thursday, March 27, 2025
Thursday, April 24, 2025
Thursday, May 29, 2025
Thursday, June 26, 2025
Thursday, July 31, 2025
Thursday, August 28, 2025
Thursday, September 25, 2025
Thursday, October 30, 2025
Thursday, November 27, 2025
Thursday, December 18, 2025