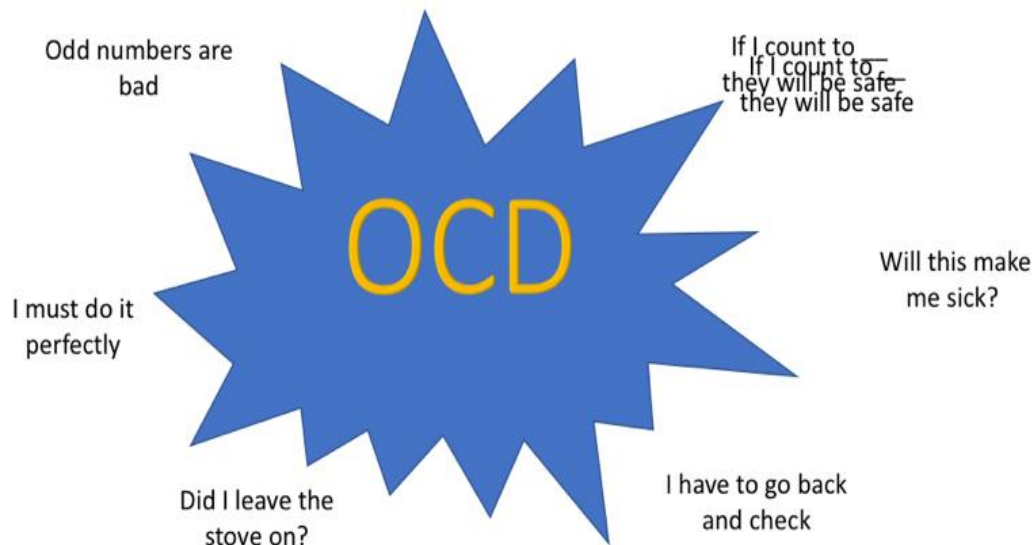


OCD Group

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Do you have Obsessive Compulsive Disorder (OCD)? Do you have intrusive thoughts, images or feelings, and as a result engage in rituals to try to make the anxiety go away? Would you like to meet with others who also struggle with OCD to support one another as you work on your OCD?



Who can join? Adults who are ready to free themselves from OCD
New ASDI clients must complete a pre-group evaluation in order to join.

When does it start? The group will meet weekly, beginning November 7th from 6:30pm to 8pm

What will it cost? Fees will be collected at the beginning of every month (or every 4 weeks). Participants will pay for all four sessions, even if they attend less than 4 sessions per month.

How can I learn more?

- Visit the ASDI website: www.anxietyandstress.com/ongoing-groups
- Contact Stephnie Thomas, LCPC
 - Stephniet@stephthomas.com
 - 410-236-1470