



OCD Treatment & Support Group

Participate from home

Facilitated by Molly Schiffer, LCPC

Who: Adults 18+ with OCD and residing in Maryland

When: Bi-weekly
Tuesdays, 6:30-7:30 p.m.

Where: Secure Video Conferencing
You will receive a link to participate after registering.

Cost: \$40/session

Get support from others who know what it's like and *learn skills from the experts.*

Join the clinicians at the Center for OCD and Anxiety for a bi-weekly support group.

Our Adult OCD Treatment/Support Group combines CBT, ERP, and mindfulness-based treatment with peer support. Brush up on your skills, set ERP goals, and learn to master your OCD with the support and encouragement of other OCD sufferers on the same journey.

What to expect:

- Strengthen your OCD- and anxiety-mastering skills with CBT/ERP and mindfulness
- Support from peers with OCD
- Set homework goals and get encouragement and support
- An opportunity to maintain your gains post-treatment or build up your resolve while in treatment

Participants do not need to be patients of the Center for OCD and Anxiety; all participants must complete an assessment session before joining the group. All participants must be located in Maryland.

To enroll: contact Molly Schiffer, LCPC at 410-927-5462 ext. 3
or Molly.Schiffer@sheppardpratt.org.