



# Parent OCD Support Group!

The global effects of COVID-19 have left us at home with our families adjusting to a new way of living. We invite you to join us for a *virtual* OCD Parent Support Group. This is an opportunity to connect with other parents, develop a sense of community and learn strategies to support your child or adolescent. Each session will incorporate mindfulness practices, evidence-based therapy approaches and an opportunity for sharing and discussion.

## Who is this for?

Parents of children or adolescents with OCD

## When and Where?

Fridays, 12 - 1pm starting 4/3, Via Zoom

## Cost?

This is a donation-based group.  
Suggested Donation \$60

## About WestCoast Therapy and Wellness

This workshop is run by Christy Tadros, LPCC. She is an internationally certified parent-child interaction therapist and IOCDF trained therapist, treating children and adolescents with OCD.

**Let's Learn and Build  
Community.**



For Info or to Register,  
Contact Us at:  
[TherapyandWellness.com](https://www.therapyandwellness.com)