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.