

## ATRC Family Education Group

*\*A family member only group\**



- Are you a parent of a child with OCD symptoms?
- Are you asking yourself “What can I do to help my child?”
- Are you saying to yourself “How will I manage? I am so exhausted as a parent!”

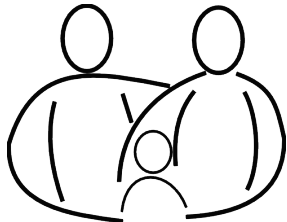
*If you answered **YES** to these questions, you are invited to attend the Anxiety Treatment and Research Centre’s Family Education Session on*

### **Obsessive Compulsive Disorder in Children and Adolescence.**

The purpose of this two-part education session is to provide a friendly and safe opportunity to connect with other parents and **learn about OCD in children and youth.**

**When:** 2<sup>nd</sup> and 3<sup>rd</sup> Wednesday of each month from 4-5pm

**Where:** On-line meeting, hosted by the *Pediatric OCD Consultation Team (POCT)* at the Anxiety Treatment and Research Clinic

Day and Time	Topics
2 <sup>nd</sup> and 3 <sup>rd</sup> Wednesday of the month  4:00-5:00pm	<p><u>Session #1:</u> An overview of OCD Recognizing family accommodation and what to do instead</p> <p><u>Session #2:</u> An overview of OCD treatments Community and on-line resources for the family</p> 

**To Register please contact:**  
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 or  
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