

The Anxiety and Stress Disorders Institute of Maryland, LLP



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OCD Community Group

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This group is designed for people with OCD who have already received a foundation of specialized OCD treatment, and who would benefit from engaging with a supportive community of peers with OCD. The group will be therapist-assisted, but the primary focus will be the facilitation of interpersonal processing and support between members.

Who can join? Adults who have already received (or are currently receiving) specialized OCD treatment.

What are the details? The group meets via Zoom every Wednesday from 5-6pm. The fee is \$50 per week. ASDI does not accept insurance, however we do provide a monthly superbill to help with out-of-network reimbursement.

How can I learn more?

- Visit the ASDI website: www.anxietyandstress.com

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Additional Resources

-*Overcoming Unwanted Intrusive Thoughts* by Sally Winston and Martin Seif
-*Needing to Know for Sure* by Sally Winston and Martin Seif
-*The Mindfulness Workbook for OCD* by Jon Hershfield and Tom Corboy
-*When A Family Member Has OCD* by Jon Hershfield
TheOCDStories.com

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