



OCD Community Group

A biweekly virtual group for adults living with OCD

OCD can be isolating. This group offers a place to connect with people who recognize the experience from the inside, and a clinician to help you make sense of it together.

Sessions are facilitated by a clinician who specializes in OCD, and blend peer connection with education about how the disorder works and what actually helps.

WHAT TO EXPECT

- **Peer support.** Time with others who understand the struggle of OCD without needing it explained. Members share experiences, name personal goals, and check in on progress.
- **Education.** Discussion of evidence-based care for OCD, including Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), and Inference-Based CBT (I-CBT).
- **A stigma-free space.** Members are welcome to discuss their OCD in whatever form it takes.
- **Clinical facilitation.** Led by Jeffrey Taulbee, LCPC, who specializes in the treatment of OCD and anxiety disorders.
- **Meets by video.** Attend from home, with no commute and no waiting room.

GROUP DETAILS

- **Schedule:** Every other Wednesday, 5:00–6:00 PM ET
- **Format:** Zoom — link provided after registration
- **Cost:** \$50 per session
- **Eligibility:** Open to adults residing in Maryland or Virginia

HOW TO JOIN

1. Visit www.anxietyandstress.com
2. Or write to JeffreyTaulbee@WayfarerCounseling.com

New members begin with a brief consultation so we can make sure the group is a good fit for what you are working on.

You are not your OCD. You do not have to work on this alone.

This group is educational and supportive in nature and is not a substitute for individual treatment or a crisis service. If you are in crisis, call or text 988.