

THE OCD PROCESS AND EDUCATION GROUP

Group Therapy for ages **18+**

Group meets **VIRTUALLY**, every other
week on **THURSDAYS** at **10AM**

Obsessive Compulsive Disorder (OCD) is a condition that impacts many different individuals of all ages, ethnicities, class systems, and genders. It does not discriminate against anyone and it can be intrusive to all aspects of an individual's life. The OCD Process and Education Group will be a place for individuals with OCD to come and share their experience without the fear of judgment. Often others around us do not fully understand the condition so the purpose of this group will be to provide a safe outlet for everyone involved to share their thoughts and feelings about OCD and receive feedback and support from the group.

FOR MORE INFORMATION CONTACT **DR. MEGAN STRAUSE, PSYD** AT
(703) 865-4900 X6 OR **STRAUSE@BRIDGESTHERAPYANDWELLNESS.COM**