

North Shore CBT Centre presents:

Supporting your Loved One with OCD from an Inference-based CBT Perspective

Is your loved one struggling with OCD and would you like to learn how to better support them?

Join this 3-part virtual workshop to learn about:

- Inference-based CBT Treatment Concepts
- Talking back to OCD
- Coping Skills at Home

This workshop offers a safe space for partners, parents and family members to learn, ask questions and connect with the OCD community.

Dates:

Monday April 15

Monday April 22

Monday April 29

Time:

7:00 PM - 8:30 PM

Cost:

\$99 + GST for 3 sessions

Sign Up:

Email to: masha@northshorecbt.com

Zoom Link will be provided upon registration.



Masha Rademakers is a Registered Clinical Counsellor at North Shore CBT Centre, specialized in treating anxiety and OCD in kids and adults.



NORTH SHORE CBT CENTRE

202 - 1500 MARINE DR., NORTH VANCOUVER

778-928-9069

INFO@NORTHSHORECBT.COM