



## 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](mailto: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**

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