



An OCD/Health Anxiety Support and Skills Group

Refine skills and tools to improve everyday life, learn to live with fear (not in fear), and make daily challenges more manageable

Facilitated by Dr. Jessica Nasser and led by group attendees, participants will revisit the basics of OCD/Health Anxiety along with technical strategies behind effective Exposure and Response Prevention (ERP). Each meeting will start with a discussion of common questions and challenges affecting anxiety sufferers and a review of recent ERP goals. Though there is no obligation to discuss any one individual's personal experiences, attendees will be given ample opportunity to share their own successes and struggles, past and current. Group members will also set ERP goals at the end of each meeting. Members will be able to offer support and guidance to group members as well as receive encouragement and inspiration from each other. Together, our mutual goals will be to:

Face fears on a daily basis...Learn to *be ok not being ok*...and learn to *live with UNCERTAINTY*

This group will be held Wednesdays, starting October 20th, 2021, 8pm to 9:30pm. It meets every 2 weeks for 8 sessions. 7 spots available.

Each session will cost \$60 (Total cost \$480).

Attendees must be 18 or older, have been diagnosed with OCD or health anxiety, have at least basic knowledge of ERP, and have not been hospitalized for safety concerns in the last 3 months. If attendee has not been treated by a member of Anxiety Specialists of Atlanta, an abbreviated intake (with associated costs) may be required.

To register, go to the EVENTS tab at www.anxietyspecialistsofatlanta.com

Location: Virtually through secure Zoom link

1360 Center Drive, Suite 200, Dunwoody, GA 30338

678.825.2320

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