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Video Series Out Now

Raising Resilience: 25 Tips for Parenting Your Child with Anxiety or OCD



Last Spring, Dr. Josh Spitalnick and Marti Munford, LPC

published a resource guide that then became an article in the 2022 IOCDF Newsletter titled, "Raising Resilience: 25 Tips for Parenting your Child with Anxiety and OCD." After many requests, we have proudly released a Spanish version on our website as well.

Earlier this year, Josh and Marti developed and filmed a 10-video series all about the 25 tips. They began releasing this series earlier this summer, highlighting the best practices of parenting a child with anxiety or OCD, based on this resource guide. Several episodes are available for viewing on our YouTube channel.

If you find the videos helpful, give Josh and Marti a like and please subscribe to our Youtube channel for updates and new releases. Enjoy.

At Anxiety Specialists of Atlanta, we are passionate about finding more ways to provide low cost and FREE resources for parents and caregivers of anxious kids. We of course will be continuing to create more video content for all anxiety and OCD sufferers and their loved ones.

[Click here for the 25 Tips document in both English and Spanish](#)

[Click here to visit our Youtube channel](#)

AVAILABLE SUMMER GROUPS

FREE
**Spouse/Romantic
Partner OCD
Support Group**
1st Monday of each month
from 8-9pm EST
3rd Thursday of each
month from 4-5pm EST

FREE
BFRB Support Group
1st Wednesday of each
month from 12-1pm EST

FREE
**Living with OCD-For
Kids**
3rd Sunday of each
month from 3-4pm
EST

FREE
**Family Member OCD
Support Group**
3rd Monday of each
month from 8-915pm
EST

 <https://anxiety specialists of atlanta.com/groupservices/>



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