

LIVING BEYOND OCD & ANXIETY

Learn practical skills, connect with others, and explore evidence-based strategies for managing OCD, anxiety, and phobias in a supportive group setting

WHEN

Every Thursday from
August 20th-October 22nd

TIME

5:00 pm-6:00 pm

WHERE

Stone Arch Psychology

FOR WHO

18+ adults experiencing
OCD, anxiety, or phobias

Speak with your current provider to sign up or connect with our front desk staff in-person or by calling 612-886-2538