

Have you found yourself stuck because of obsessions or compulsions? Do you find that these obsessions and compulsions seem to rule your life? Do you waiver, back and forth, trapped by doubt and indecision?

Polaris FBH can help!
Join our 8-week Conquering OCD Group!

CONQUERING OCD TEEN GROUP

This group will help you

...reduce OCD through evidence based treatment, especially exposure and response prevention

...integrate ERP strategies into your daily life

...embrace uncertainty and doubt and live a freer life

...connect with other teens who truly understand what it is like to fight OCD every day

COST: THE 8-WEEK SERIES COSTS \$745, PLUS \$200 FOR AN INTAKE. THIS ALSO INCLUDES ONE 45 MINUTE SESSION OVER THE COURSE OF THE 8 WEEKS.

Group sessions are starting soon,
and space is limited!

If you would like more information,
please contact Laura Smestad at
laura@polarisfbh.com.



POLARIS

POLARISFAMILYBEHAVIORALHEALTH.COM

206-316-2375

laura@polarisfbh.com