

# Slaying the OCD

## Dragon Adult Group

If you are struggling with out of control, obsessive thoughts, anxiety, having to repeat behaviors that help in the moment but keep you stuck in a cycle of anxiety or fear, you are not alone.

If you're an adult with OCD, this group can help you:

- Weave therapy into your everyday life,
- Gain control over OCD symptoms in a safe, contained group, and
- Connect with others who are experiencing similar struggles.

**JOIN OUR 8-WEEK  
EXPOSURE AND  
RESPONSE PREVENTION  
GROUP TODAY!**