



POLARIS

POLARIS FAMILY BEHAVIORAL HEALTH PRESENTS

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# SPACE

## SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS

a workshop for parents of children with OCD/anxiety

***Do you want to learn skills to (1) help your child overcome OCD/anxiety, (2) reduce OCD/anxiety accommodations, (3) increase supportive communication with your child, and (4) reduce your own stress as a parent of a child with OCD/anxiety?***

**This group might be right for you!**

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*Every other Thursday  
6:00-7:30pm  
Virtual  
Cost: \$600*



*Scan for  
more info!*

