



**POLARIS**

FAMILY BEHAVIORAL HEALTH

# SPACE

**SUPPORTIVE PARENTING FOR  
ANXIOUS CHILDHOOD EMOTIONS**

*a workshop for caregivers of  
children with OCD and anxiety*

**LEARN TO HELP YOUR CHILD OVERCOME  
OCD/ANXIETY, INCREASE SUPPORTIVE  
COMMUNICATION WITH YOUR CHILD, AND  
REDUCE YOUR OWN PARENTING STRESS**

*Wednesdays at 6:00 pm via telehealth*

*\$800 per family for 5 weeks+ one individual coaching session*

*For more information: [information@polarisfbh.com](mailto:information@polarisfbh.com)*