



# Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

PALO ALTO & SAN JOSE

## Getting Through It Together Parent OCD Support Group

- Do you want more support as a parent of someone with OCD?
- Do you want to talk to other parents about your experiences?
- Do you want help to reduce the negative impact OCD can have on your family?

### Join Our OCD Parent Support Group!

At Palo Alto Therapy, we are committed to give you the tools to help your family live a healthier & more peaceful life!



Cost: Please check our website for pricing. Your card will be charged after each group. We require a minimum of 4 participants with a maximum of 10. These fees are non-refundable within 48 hours of the group. A credit card will be required to hold enrollment.

**Contact Us: 650-461-9026**

✉ [info@paloaltotherapy.com](mailto:info@paloaltotherapy.com)

🌐 [www.paloaltotherapy.com](http://www.paloaltotherapy.com)

**SPACE LIMITED TO 10 PARENTS!**

# Is a Support Group Appropriate for Me?

## These Questions May Help...

- Do you feel alone or that it's hard to understand what you're going through?
- Are you wanting to build relationships with other parents who are going through similar struggles?
- Do you want to learn other parents' tips and tricks that are working?

Our *Getting Through It Together* Parent OCD Support Group connects parents of children of all ages with OCD who are struggling with similar situations. This group allows for open sharing of struggles and successes and to gain encouragement, empathy, and understanding from those who know the common struggles with OCD intimately. There will be a focus on discussing “what's working”, solid OCD knowledge, as well as encouragement (not shaming) of treatment strategies, such as reducing “accommodations” and the harmful effects OCD can have on the family. The support and information provided will be tailored to the needs of the group.

### **NEXT STEPS:**

**Watch our informational video and schedule your preliminary introduction meeting!**



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### **Support Group Facilitator**

Jennifer Estes, LCSW  
Certified Cognitive Behavioral Therapist

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