



OCD & Addiction Group

for Adults

Do you...

- Struggle with OCD along with addictive behavior?
- Find yourself abusing alcohol and drugs, or unable to stop gambling or gaming??
- Try to alleviate your OCD symptoms with alcohol or drugs?

This ten-week Cognitive Behavior Therapy (CBT) program will teach you tools and strategies for minimizing obsessions and compulsive behavior while addressing your addiction in a supportive, non-threatening environment. You can expect to:

- Challenge and change negative thought patterns to reduce cravings and impulsive behavior
- Learn tools to minimize rituals and intrusive thoughts
- Understand the relationship between OCD and addiction and temper obsessive thoughts
- Practice coping skills with other adults in similar situations
- Gain control over your OCD and addictions and live the life you want

Thursdays, 7pm-8:30pm | Beginning November 1

For more information: 212.337.0600 | RossCenter.com | nyinfo@rosscenter.com

LED BY GWILYM RODDICK, LCSW - OCD & ADDICTION SPECIALIST

Groups will be held at The Ross Center - 57 W. 57th St., Suite 912 - New York, NY 10019