

accepting new clients:  
**November '25**



# Doing Hard Things OCD Therapy Group

Mondays  
4:00 PM

Virtual  
Biweekly

Ages 18+

## A Support Group for OCD helps by:

Living with ruminations, obsessions, and intrusive thoughts is challenging.

Avoidance and compulsive behaviors are often the default way that we manage anxiety, but those same behaviors continue the cycle. All group members must be actively attending individual therapy.

### Safety from Within

cultivating a sense of safety from within by accepting uncertainty and leaning into self-trust

### Accountability & Peer Support

hearing others share similar fears and challenges helps validate and reduce feelings of shame or loneliness; while simultaneously providing accountability for continued exposure work (doing hard things).

Interested?  
Contact us to get started!

☎ (732) 852-7373

✉ [admin@wholeheartedhc.org](mailto:admin@wholeheartedhc.org)

🌐 [wholeheartedhc.org](http://wholeheartedhc.org)

*\*In-network with most major insurance plans!*