



Introducing Anxiety and OCD Care with InStride Health

In collaboration with the Family Support Organization of Bergen County

Join us for a series of informative sessions on how InStride Health delivers effective, evidence-based treatment for children, teens, and young adults with anxiety and OCD. We'll explore our therapeutic approach, including CBT and exposure therapy, and walk through presentation-specific case studies.

Events:

April 7: Clinical Overview and OCD Case Study

- <https://meet.google.com/npu-gadr-vwc>

June 2: Anxiety Case Study

- <https://meet.google.com/isu-zpgc-udp>

September 1: School Avoidance Presentation

- <https://meet.google.com/ffz-ubng-vm>

[View Events and Register Here](#)



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