



**MINDSET**  
Family Therapy

# Empowering Parents

Supporting children  
with OCD and anxiety

## About the Group

This group offers information and support to help navigate parenting children with OCD and anxiety. Come prepared to learn and share experiences with other parents and to gain support on your parenting journey.

## Information

- March 4th-April 29th
- Mondays at 12pm
- Virtual Meetings
- Cost is \$40/person per session, or \$50/couple per session



## Registration

To register, call or text 801-427-1054. For more information, scan the QR Code.

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