

WINTER/SPRING SPACE Group

*Supportive Parenting for Anxious
Childhood Emotions*



**VIRTUAL FOR 10 WEEKS
MONDAYS: 11:45AM-1:00PM (EST)
FEBRUARY 23 - MAY 1, 2026**

Parents of children and teens
with OCD and anxiety disorders
meet to learn specific skills to
support their kids and reduce
their parental accommodation
of anxiety.