



PRESENTS:  
LOW-COST  
ADULT ANXIETY AND OCD GROUP

DATES

STRUCTURE

COST

Sundays

8:30 pm to 9:30 pm EST

November 16<sup>th</sup> through  
December 21<sup>st</sup>

Based on Dr. Jonathan Grayson's GOAL model, our action-oriented Anxiety and OCD group supports individuals in reducing avoidance, building momentum, and pursuing meaningful, value-driven goals.

Groups are only  
\$15/session\*

Must commit to at  
least 3 sessions.

\*Sliding scale available.

PROGRESS WITH  
PEOPLE WHO GET IT!



TO LEARN MORE AND JOIN  
EMAIL [ADMIN@RIDINGTHEWAVECENTER.COM](mailto:ADMIN@RIDINGTHEWAVECENTER.COM)