

Start Date Coming Soon!

NEW 12 WEEK VIRTUAL SERIES

I-CBT SKILLS GROUP

Facilitated by Lindsey Benolken LPC



Wednesdays 5:30 - 7:00 MST

Group Rate: \$125

AZ MN & NM Residents

This skills group is designed for individuals 18 and older who;

- have completed I-CBT and are interested in continued support maintaining their skills,
- **or**
- those who are currently in I-CBT and would like additional skills support in a group format. We will be going through one module each week.

For more info or to register contact:
Lindsey@gatewayocd.com