

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](mailto:Lindsey@gatewayocd.com)