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Some Resources:

As we transition back to school during the COVID-19 era, Dr. Rosalind Catchpole details some helpful tips in the video below for you and your child as they start up class!

For more resources, check out AnxietyCanada's website for tips on [Coping with COVID-19](#) and more [general resources for anxiety](#).



Dr. Rosalind Catchpole's advice on helping your child's return to school

Some Updates!



The Provincial OCD Program is committed to equality, inclusion, and justice for the BIPOC communities who experience racialized violence and systemic oppression everyday. We stand in solidarity with the Black Lives Matter movement and their campaign to address systemic racism and racial inequalities. We commit to work consciously as a community towards a world where every human - regardless of colour, gender, age, sexual orientation, mental or physical abilities, beliefs or opinions - is no longer denied a life of dignity free of prejudice.
