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OCD Anxiety Centers Invites Arlington, Texas Community to Open House Event at New Treatment Program

Evidence-Based Mental Health Program Offering Hope for Individuals with OCD and Anxiety Opens Doors to the Public on January 8

ARLINGTON, Texas (December 9, 2026) — OCD Anxiety Centers will host a community open house at its Arlington, Texas location, offering families, educators, and healthcare providers an opportunity to tour the program and learn about specialized treatment for anxiety and OCD.

Who: OCD Anxiety Centers

What: Community Open House Event

When: Wednesday, January 8, 2026, from 11:30 am to 5:30 pm

Where: 1701 East Lamar Boulevard, Suite 200, Arlington, TX 76006

The open house will showcase the program's Intensive Outpatient Program (IOP), which provides three hours of daily treatment, Monday through Friday, enabling clients to receive concentrated care while maintaining their daily routines. With the addition of Arlington, OCD Anxiety Centers now serves Texas through programs in Richardson, The Woodlands, and a statewide Virtual IOP.

"Opening our doors to the Arlington community represents breaking down barriers surrounding anxiety and OCD treatment," said Paul Peterson, LCSW, Founder and CEO of OCD Anxiety Centers. "Our intensive outpatient format has helped thousands reclaim their lives, achieving an average 64% symptom reduction. This open house is our invitation to discover how we can help transform lives through proven therapeutic approaches."

Grounded in the gold-standard approach of Exposure Response and Prevention (ERP), the program guides individuals ages 8 and up through effective treatment for generalized anxiety disorder, social anxiety disorder, panic disorder, and body dysmorphic disorder. With 95% of clients accessing care through insurance and a powerful 79% achieving recovery, the program doesn't just offer hope – it delivers real, measurable change for the community.

"We're excited to demonstrate how evidence-based treatment can make a profound difference," said Amy Andra, M.Ed., LPC-S, Arlington Program Director. "Our program offers hope through structured, proven methods that help clients build confidence and regain control. We encourage anyone who knows someone struggling with anxiety or OCD to attend."

During the open house, visitors can tour the treatment program, meet the clinical team, learn about evidence-based approaches, discover insurance coverage options, and ask questions about anxiety and OCD treatment. The event is free and open to the public and visitors are welcome to stop by any time between 11:30 am and 5:30 pm. To RSVP, visit www.ocdanxietycenters.com/arlington.

About OCD Anxiety Centers

OCD Anxiety Centers specializes in evidence-based treatment care for OCD and anxiety-related disorders through its Intensive Outpatient Program (IOP) and Partial Hospitalization (PHP) programs, serving individuals ages 8 and older. With a focus on Exposure Response and Prevention (ERP) therapy, the center is the nationwide leader in anxiety and OCD care. To learn more, please visit: www.ocdanxietycenters.com.

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