

SOCIAL ANXIETY SKILLS GROUP

*Facilitated by: Lindsey
Diederich*

STARTING

MONDAYS

05:00 PM

GOALS OF THIS GROUP:

- Understand social anxiety and how it affects you
- Learn ways to manage emotions
- Learn different social skills that will help you communicate better with others
- Learn how to cope with social anxiety in different situations
- Challenge your fears and try out new ideas that will help you feel more confident in social situations
- Provide & receive support from peers in a fun, safe, and supportive environment

TO ENROLL: EMAIL OR CALL
INFO@EMBARK-COUNSELING.COM
(913)257-3161