

NEED HELP WITH SOCIAL ANXIETY?

COME LEARN HOW!



- Anxiety is a mental and physical reaction to perceived threats.



- Social anxiety is the fear of being judged negatively by others, leading to feelings of humiliation and embarrassment.



- This 6 week series will teach you proactive steps to recognize your triggers, learn strategies to reduce social anxiety, improve rational thinking, and learn anxiety reducing skills.

Wednesdays

Sept. 12th, 19th, 26th

Oct. 3rd, 10th & 17th

Time: 2:00pm -3:30pm

Location: 1415-01