

Adult Social Anxiety Group

This group will provide help with social anxiety and helping people who become shy, frozen, fearful, or tentative in social situations. Participants will identify distorted thinking and current social and relational patterns. Participants will learn coping skills on how to build positive self-esteem in social situations. By practicing interactions and learning ways to address fearful relational patterns, group members will overcome their anxiety and feel more confident in social situations.

***Co-facilitated by Emily Phillips and Daniel Garafano**

Wednesdays – 7:00 to 8:15 p.m.

**January 10, January 17, January 24, January 31,
February 7, February 14, February 21, and February 28**

Location – Zoom

Cost – Free, pre-registration is required

Please call (201) 885-3522 or email emilyscacchetti@gmail.com for further information and to register.

