



FOR WHO:  
Ages 11-14

MEETS:  
Thursdays  
5:30 to 7:00pm  
Beginning March  
3, 2022

DURATION:  
10 weeks

PRICE:  
\$5 per session  
financial assistance  
available upon request

WHERE:  
West Chester  
University  
Wayne Hall  
8<sup>th</sup> Floor

CALL:  
610-436-2510

# SOCIAL ANXIETY GROUP

HOSTED BY WEST CHESTER UNIVERSITY'S COMMUNITY MENTAL HEALTH SERVICES

JOIN US IF YOU EXPERIENCE THESE THINGS:

- FEEL SCARED OR UNCOMFORTABLE IN SOCIAL SITUATIONS
- ARE AFRAID OF EMBARRASSING YOURSELF IN SOCIAL SITUATIONS
- AVOID DOING ACTIVITIES THAT INVOLVE SOCIALIZING

GOALS OF THE GROUP:

- LEARN WAYS TO MANAGE ANXIETY
- CHALLENGE FEARS AND TRY NEW THINGS
- PROVIDE AND RECEIVE SUPPORT FROM PEERS
- LEARN HOW TO EXPRESS EMOTIONS AND CONNECT WITH OTHERS
- BE IN A FUN, SAFE, AND SUPPORTIVE ENVIRONMENT

**WEST CHESTER  
UNIVERSITY**



SCAN ME