



FOR WHO:
Ages 12-15

MEETS:
Tuesdays
7:00 to 8:30pm
Beginning
March 22, 2022

DURATION:
10 weeks

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

WHERE:
West Chester
University
Wayne Hall
8th 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**

