



Overcoming Social Anxiety

– A Skills-Training Group –
Wednesdays at 5 p.m.
Krasner Psychological Center,
Psychology B 4th Floor

Starts
02/13/19



Want to get past your social anxiety?

Only \$120.00 for **TEN** 90-minute sessions!

- Includes a professional assessment to identify your strengths & weaknesses-

Contact US!

631.632.7830

krasnercenter@stonybrook.edu

- ☺ Learn about the thoughts, feelings, and behaviors that maintain social anxiety
- ☺ Learn exercises shown to help overcome avoidance and decrease social anxiety
- ☺ Receive social skills training to increase your comfort and confidence in social situations
- ☺ Meet others who struggle with social anxiety, and make some new friends