Overcoming Social Anxiety

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

- 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

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
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