



Social Anxiety Group

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Do you often experience anxiety or fear in social situations? Do you frequently worry that you are going to embarrass yourself or that other people are judging you? Are you shy? Do you find yourself avoiding social situations because they are too stressful? If you answered yes to any of the above, you might be struggling with social anxiety.



Reality vs Anxiety

If your life is being restricted by social anxiety, there's good news: things can get better. In this group you will learn evidence-based strategies for overcoming your anxiety, increasing your communication skills, and improving your relationships.

Who can join?

- Adults who are ready to free themselves from social anxiety.

When?

- The group meets for 12 weeks every Monday from 6-7:30pm, beginning **November 4th**.

Where is it?

- 6525 N. Charles St, Towson, MD, 21204, Gibson Building, Office #212

What else do I need to know?

- Clients new to ASDI must complete a pre-group evaluation prior to joining.
- Fee: call for details

How can I learn more?

- Visit the ASDI website: www.anxietyandstress.com/ongoing-groups
- Group Leader: Jeffrey Taulbee, LCPC
 - Jeffrey.Taulbee@gmail.com 410-983-3844