



*George Mason University*  
*Center for Psychological Services*

# Teen Social Anxiety Treatment Group



**ARE YOU ANXIOUS,  
NERVOUS, SHY??**

**Join this evidence-based  
treatment program to  
learn to:**

- Develop skills to better cope with anxious thoughts and feelings
- Become more comfortable in social situations
- Examine and challenge the ways you think about being negatively evaluated

***Registration  
is now open!***

---

*12 week program  
Starting Nov, 2021  
Mondays @ 5pm  
\$35 Intake Fee  
\$30 each session*

**For further details, email [psycclin@gmu.edu](mailto:psycclin@gmu.edu) or call (703) 993-1370**

**\*\*Interested participants will be screened prior to Nov 2021 to ensure treatment is appropriate\*\***