

# SOCIAL ANXIETY

## Is Surmountable.

- ◆ *Has your tween or teen become increasingly socially anxious or avoidant?*
- ◆ *Do they express intense fears of being judged or feel awkward in social situations or become overwhelmed at school?*
- ◆ *Request Starbucks but refuse to go in to place an order?*
- ◆ *Spend more time socializing online and less IRL?*
- ◆ *Ever find yourself worrying how your kid is going to survive as an adult if they avoid socializing?!*

Whether this has been a recent or lifelong struggle, your tween/teen is not alone. If you feel overwhelmed with how to help them engage with their world, you don't have to navigate this on your own. Consider this 16-week evidence-based Social Anxiety Group, which incorporates both process and skill-building interventions within a welcoming and encouraging group format.

Day and Time: weekly on Mondays  
from 6-7:30pm (High School group)

from 4-5:30pm (Middle School group)

Start Date: TBD

Location: Our Curious Path,  
Psychological Services, Inc in  
Downtown Pleasanton

Contact: Dr Heather Caruso-Maxey,  
Licensed Clinical Psychologist  
PSY 26830

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Phone: 925-695-7494

Per session fee: \$140 (superbill provided upon request for insurance reimbursement purposes)