

SOCIAL ANXIETY

Is Surmountable.

◆ *Are you a young adult (18-25 years) struggling with socially anxiety or have you become socially avoidant?*

◆ *Do you experience intense fears of being judged or feel awkward in social situations ?*

◆ *Spend more time socializing online and less IRL?*

◆ *Feel lonely and disconnected from the world around you?*

◆ *Are you limiting your goals because having to engage with others feels too overwhelming?*

Whether this has been a recent or lifelong struggle, you are not alone. If you suffer from social anxiety or avoidance, I invite you to join this 16-week evidence-based Social Anxiety Group, which incorporates both process and skill-building interventions within an encouraging group format.

Day/Time: weekly on Saturdays

from 12:30-2pm start date

TBD

Location: Our Curious Path,

Psychological Services, Inc

in Downtown Pleasanton

Contact: Dr Heather Caruso-Maxey,

Licensed Clinical Psychologist

PSY 26830

email: drheathercarma@ourcuriouspathpsychology.com

Phone: 925-695-7494

Per session fee: \$130 (superbill

provided if needed for

insurance reimbursement

purposes)