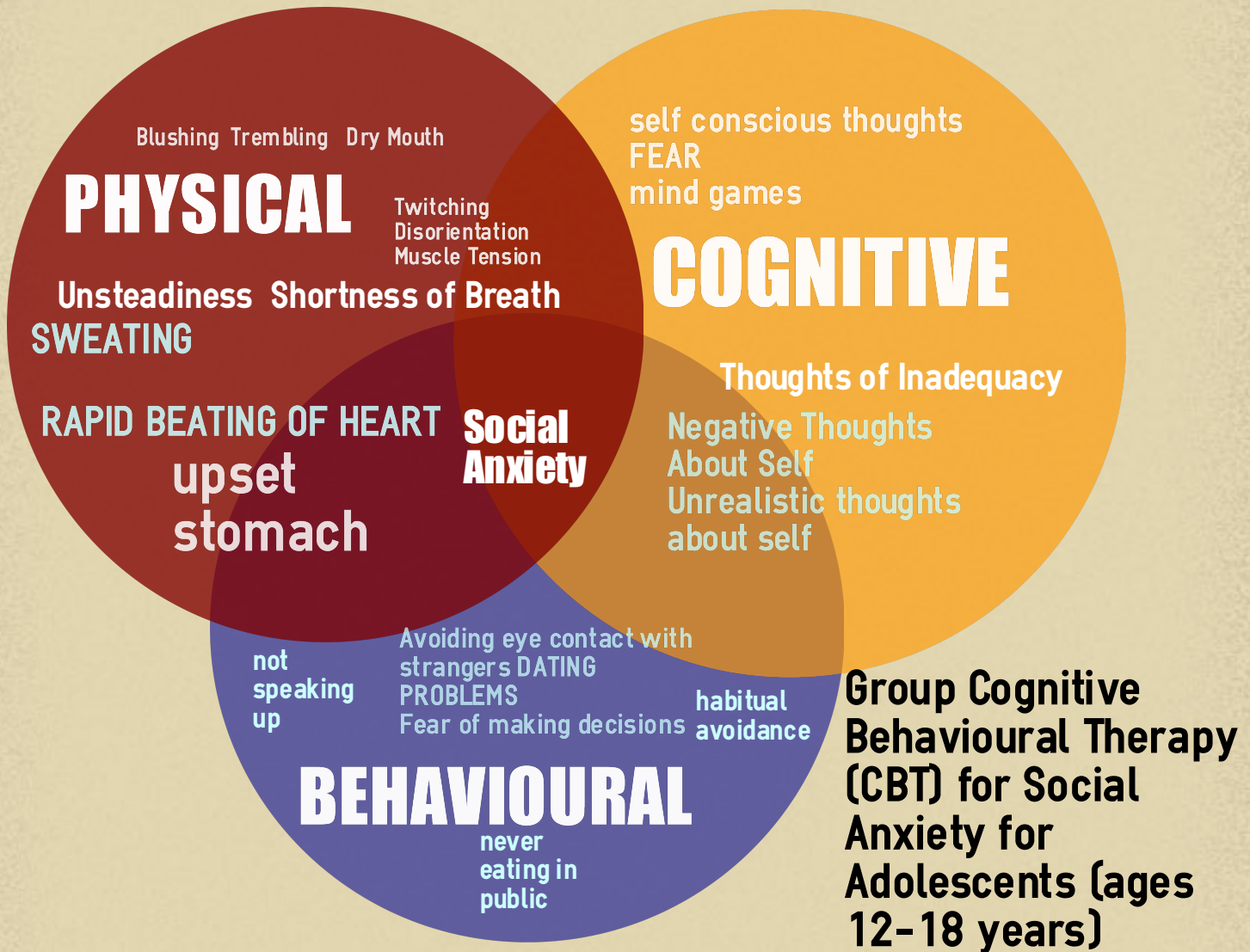


# SHY? ANXIOUS? NERVOUS?

YOU MAY HAVE SOCIAL ANXIETY.  
YOU AREN'T ALONE.  
THERE IS HELP.



The Group for Cognitive Behavioural Therapy (CBT) for Social Anxiety consists of 12, two-hour sessions, which focus on:

- \* Learning how to gain control of your feelings of anxiety using practical techniques
- \* Practicing facing one's fears to help develop social skills
- \* Building resiliency against social isolation and avoidance
- \* Gaining strength and confidence in a socially engaging group process



Start Date: **TBA**  
Time: **5-7 P.M.**  
Location: **TBA** (Thornhill or North York area)

## Hanit Isakovan

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