## SHY? ANXIOUS? NERVOUS?

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

Blushing Trembling Dry Mouth

PHYSICAL

Twitching Disorientation Muscle Tension

Unsteadiness Shortness of Breath SWEATING

RAPID BEATING OF HEART Social upset Anxiety stomach self conscious thoughts FEAR mind games

COGNITIVE

Thoughts of Inadequacy Negative Thoughts About Self Unrealistic thoughts about self

not speaking up Avoiding eye contact with strangers DATING PROBLEMS habitual Fear of making decisions avoidance

## **BEHAVIOURAL**

eating in public Group Cognitive Behavioural Therapy (CBT) for Social Anxiety for Adolescents (ages 12-18 years)

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

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

## Hanit Isakovan

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