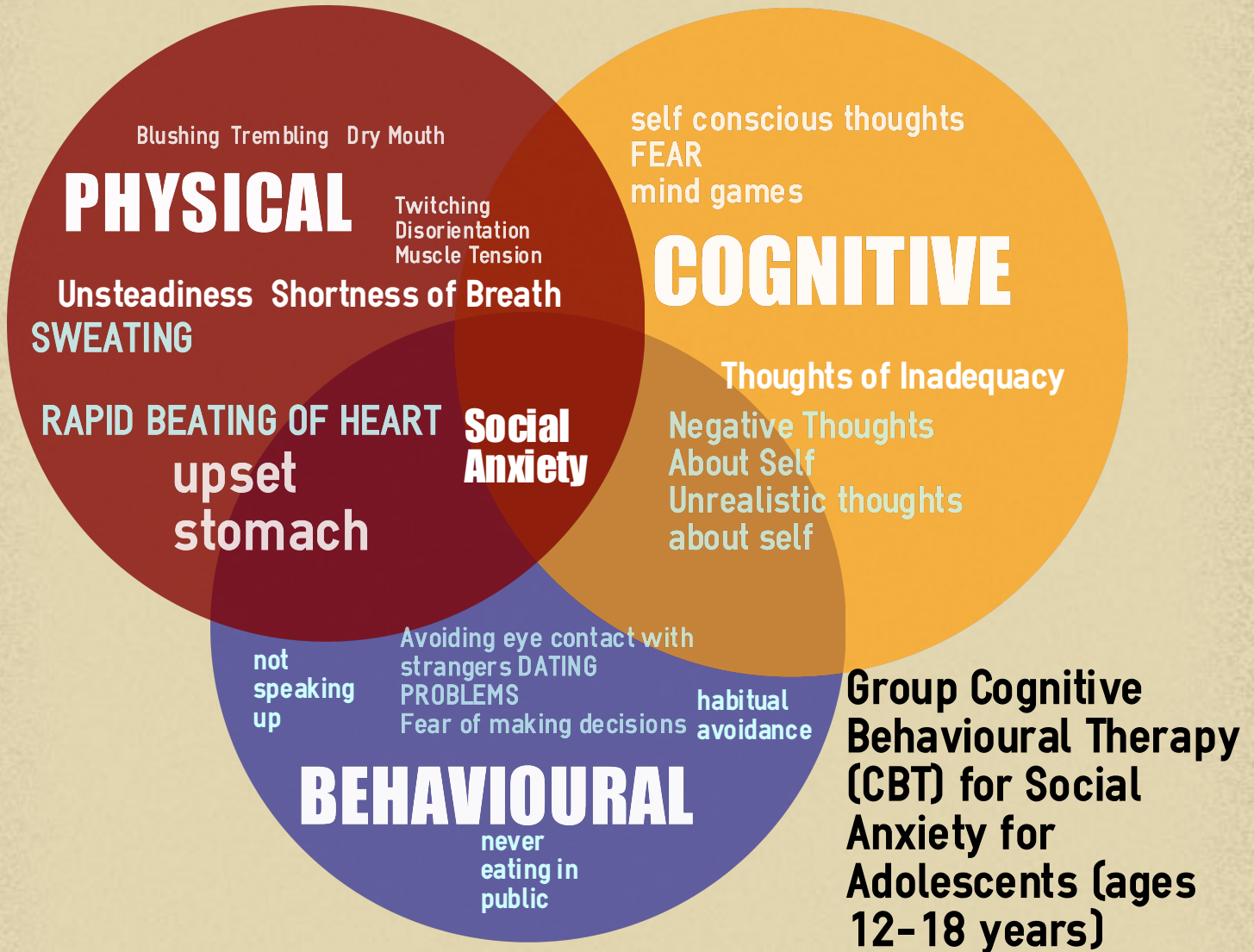


SHY? ANXIOUS? NERVOUS?

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)**

Contact: **anit ako an**
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