

Separate Groups for **Children, Teens & Adults** Starting Soon!

Social Anxiety

Would you like to feel more confident in social situations?



Would you or your child like to learn how to start conversations with people, begin new relationships and speak confidently at school or work?

Do you or your child want help achieving personal and social goals?



Group topics include:

- ❖ Learning How Anxiety Develops
- ❖ Strategies to Overcome Anxiety
- ❖ Opportunities to Practice with People who Understand

For information, call **The Anxiety Clinic @**

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