



NEW- GROUP IN SOCIAL ANXIETY-

March 21- June 6th

“Social Anxiety and manifesting change”

Oriented to young adults, interested in gaining understanding and new tools to manage social situations, improve communication with others and increase self-confidence.

The group will include approaches from mindfulness to cognitive, self-hypnosis and stress reduction techniques among others. Guided meditations, group sharing stories, all in a space of empathy and support.

If you are interested in signing up, or will like to get more information contact me!

YOUR LOGO
HERE

12 weeks- group module

Tuesdays 3:30 to 5pm

40 per session

Some sliding scale avail.

Max. 7 per group

Free over the phone consultation

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