



NEW- GROUP IN SOCIAL ANXIETY-

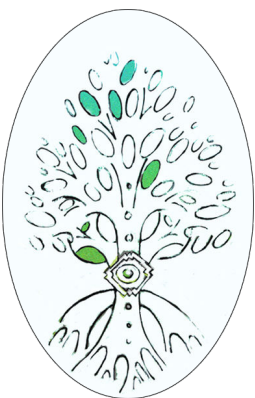
March 28- June 11th

“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!



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

MARIA OCHOA MA, LMHC

853 Broadway, suite 1608

3478013133