

Shyness and Social Anxiety



10-week Cognitive-Behavioral Therapy Group
Next Group Begins Tuesday September 12, 2017

Central San Francisco Location

- ✓ Learn skills to manage anxiety in a safe setting with up to 7 others
 - ✓ Increase confidence in handling difficult social interactions
 - ✓ Facilitated by experienced psychotherapists
 - ✓ Meetings held for 10 weeks in Lower Pacific Heights location
- Tuesday nights from 6:45 - 8:15pm**
- ✓ Cost: Pre-group meeting - \$160 ~~ weekly meetings - \$85

John R. Montopoli, LMFT, LPCC

Pacific CBT

National Social Anxiety Center - San Francisco

www.nationalsocialanxietycenter.com ~~ www.pacificcbt.com

(415) 689-4131

john@pacificcbt.com