

Shyness and Social Anxiety



10-week Cognitive-Behavioral Therapy
Group

Beginning January 24, 2017

Central San Francisco Location

- ✓ Learn skills to manage anxiety in a safe setting with 8 others
- ✓ Increase confidence in handling difficult social interactions
- ✓ Facilitated by experienced psychotherapists
- ✓ Meetings held for 10 weeks in convenient Union Square location **Tuesday nights from 6:45 - 8:15pm**

✓ Cost: Pre-group meeting - \$160 ~~ weekly meetings - \$85

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Pacific CBT

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

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