



Anxiety and OCD Treatment Center of Ann Arbor

Providing evidence-based treatment across the lifespan

SOCIAL ANXIETY CLASS FOR TEENS

The Anxiety and OCD Treatment Center of Ann Arbor will be offering a 4-week class for teens who experience social anxiety. Teens with social anxiety may experience:

- Worries about being judged negatively by others
- Nervousness when performing in front of others
- Fears of embarrassing oneself
- Avoidance of speaking up, or talking to new people
- Fear of making a bad impression and lacking confidence in social skills

The class is open to middle and high school students ages 13-18. Teens will learn about common social anxiety “thinking errors”, how to challenge unhelpful thoughts, skills for engaging in social situations, and ways to face social fears so they may overcome them.

Dates: Mondays (four weekly meetings)
January 14th – February 4th
5:00PM – 6:30PM

Costs: \$200 for all 4 classes

Full payment is due prior to the first class. These classes are not covered by insurance due to being education-based. You may use a flex spending account.

To sign-up, please email
frontdesk@anxietyannarbor.com

4 week class on social anxiety for teens

Led by expert CBT clinician

Learn about social anxiety and how thoughts affect behaviors

Learn about some of the common social anxiety “thinking traps”

Learn how CBT is used to target social anxiety

Learn how facing social fears can help free you from them!

Mondays
5:00 – 6:30 PM

1/14/19 – 2/4/19

ANXIETY AND OCD TREATMENT
CENTER OF ANN ARBOR
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www.anxietyannarbor.com