



MANAGING SOCIAL ANXIETY

AFTER SCHOOL GROUP FOR HIGH SCHOOLERS

Join our online group to explore social anxiety using strategies based in Cognitive Behavioral Therapy (CBT). This group is targeted at people aged 13+

Participants will:

- Learn about social anxiety
- Develop skills and strategies to manage anxiety in social situations

Dates

July 14 July 21
July 28 August 4
August 18

Time

4pm - 5pm

Location

Zoom link provided after registration.



For more information, or to make a referral, please reach out:

✉ clinic@acap.edu.au

🖱 acap.edu.au/psychology-clinic

Groups are facilitated by final stage students under close supervision of experienced professionals.