Overcoming Social Anxiety: A Cognitive-Behavioural Therapy Group

Who can benefit from this group?

People who experience fear of judgment, criticism, and/or embarrassment in social interactions and performance situations (e.g., public speaking). This program can help you reduce anxiety, improve your ability to continue facing your fears, and give you an increased ability to cope with anxiety and other difficult emotions.

More details

› CBT is a widely used, evidence-based approach to treating anxiety. This approach can help you understand the relationship between your feelings, thoughts, and behaviours, and how these experiences interact to maintain anxiety.
› This group is led by Ava Agar, M.A., Ph.D. Candidate, and runs for 8 weekly sessions.
› This group is open to registered students of University of Waterloo.
› Note: This group will not meet on Wednesday, February 21, 2018.

Registration is by referral. Learn more:

uwaterloo.ca/campus-wellness