COGNITIVE-BEHAVIOURAL THERAPY (CBT) FOR SOCIAL ANXIETY

What: 13 sessions of Group CBT for social anxiety, beginning Oct 18, 2022

When: Tuesdays @ 4-6pm

When: First 8 weekly sessions from Oct 18 to Dec 6, ‘22. Another 4 weekly sessions from Jan 10-31, ‘23. Final 1-month follow-up session on Feb 28, 2023

Where: University of Waterloo Centre for Mental Health Research and Treatment, located on campus in the PAS Building first floor, Rm 1401

For Whom: Anyone 18+ years old with social anxiety symptoms that disrupt functioning may be eligible to participate in the group

Led By: Our experienced roster of Clinical Psychology doctoral students (supervised by registered psychologist Dr. David Moscovitch)

Cost: Sliding scale @ $30–60 per session (reimbursable with valid insurance)

Next Steps: Pre-group assessments begin in August 2022. Contact us ASAP to express your interest. Please visit our website to learn more about the University of Waterloo Centre for Mental Health Research and Treatment.

Interested? Contact Us:

Web: https://uwaterloo.ca/mental-health-research-treatment/

Intake Form: https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_1Mk1D8oOiC5X2AK

Email: cmhrtintake@uwaterloo.ca

Phone: 519-888-4567, x33842 (confidential voicemail)