



West Bergen's Social Anxiety Group

- *School Refusal?*
- *Reluctance to participate in class activities?*
- *Frequent Absences?*
- *Excessive trips to the nurse?*
- *Social Isolation?*

The Social Anxiety Group will focus on understanding the cognitive, physical and behavioral features associated with social anxiety and applying this knowledge to exposure situations that the students will practice in the group as well as specific social environments. Parents will be involved at the beginning and at specific junctures throughout. ***Please note:***

parents and teens will need to commit to weekly sessions for a six-month period to complete the entire program.



The Group is scheduled to begin Tuesday, November 7, 2017 at 7 PM at the West Bergen Center for Children and Youth, One Cherry Lane, Ramsey, NJ. Participation is limited; if it becomes full West Bergen can place your child on a waiting list or consider starting another group. If you have any questions or wish to enroll, please call Eve Thaler, LPC, Staff Therapist, at (201) 444-3550 ext. 7127 or Katelyn Severson, LAC, Staff Therapist, at (201)-934-1160, ext. 7335.

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