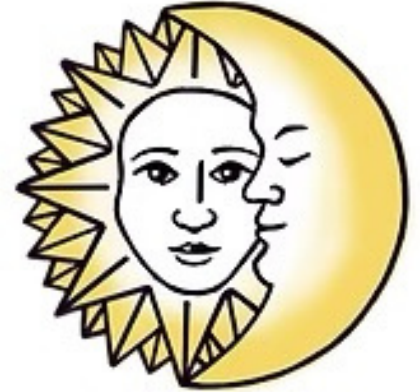


SOCIAL ANXIETY GROUP

THURSDAYS AT 5:00
FIRST SESSION 4-4-24

Better Days and
Nights, PLLC

This group is for adults in their 20s **struggling to connect** to their peers and who feel **overwhelmed by being perceived** in social settings. This group will **aid in connecting with others** by examining some of the present anxiety and exploring social functioning. **Creating a safe space to practice being in a social setting** will allow group members to relearn that **socializing can be safe, beneficial, and worth the risk.**



Themes of the group



Safety and connection

Spending time building a safe space for all members to create an environment conducive for connection

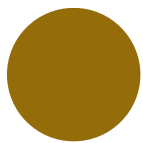
01



Barriers to Social life

Explore barriers and prevalent social factors that have occurred during the lifespan of group members that have a direct impact on socialization

02



Learning Skills and Social tools

Teach group members tools that help them connect in the world in a way that is personally meaningful

03



Connection in the modern world

Examine strategies for connection that are age appropriate and modern for this population

04

FOR MORE INFORMATION EMAIL JEREMYM@BETTERDAYSANDNIGHTS.COM



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