

# Social Anxiety Group

**Group: Teens / Young Adults**

**Time: 8 weeks**

**Location: Center for Behavioral Health  
at Spalding University**

“Extreme feelings of shyness and self-consciousness build into a powerful fear. As a result, a person feels uncomfortable participating in everyday social situations.” –Kids Health

***If your teen is struggling with social anxiety, CBH is here to help!***



Call us at 502-792-7011 to get more information or check out our  
website at <https://behavioralhealth.spalding.edu>