

Franciscan Life Center

DEVELOPING TOOLS AND CONFIDENCE FOR

# Social Anxiety

WEDNESDAYS 4-5:30 PM  
SEPTEMBER 28-NOVEMBER 16

THE FRANCISCAN LIFE CENTER  
271 FINCH AVENUE, MERIDEN

HIGH SCHOOL GIRLS AGES 14-17

DO THE FOLLOWING THINGS  
CAUSE YOU STRESS OR  
ANXIETY WHEN THINKING  
ABOUT GOING BACK TO  
SCHOOL?:

- Walking into school
- Talking with peers
- Group projects
- Deciding who to sit with at lunch
- Speaking up in class
- Wondering whether or not the person you pass in the hallway is judging you

IF SO

THIS GROUP WILL HELP YOU:

- Learn about social anxiety
- Develop tools to respond in social situations
- Learn skills to engage with others
- Implement tools and skills to build confidence in school and among peers

FOR QUESTIONS OR TO  
REGISTER CALL THE  
FRANCISCAN LIFE CENTER AT  
(203) 237-8084

REGISTRATION DEADLINE: SEPTEMBER 14