

Do you worry too much about what others think?

JOIN THE HEALTH & COUNSELING SERVICES

SUPPORT GROUP FOR SOCIAL ANXIETY

AT HEALTH & COUNSELING SERVICES | 704 E. SHARP
FOR *ELIGIBLE GU STUDENTS | NO COST
JOIN ANYTIME | LUNCH PROVIDED

GROUP FACILITATOR: DR. FERNANDO ORTIZ, PH.D.

This is an ongoing group designed to help students manage symptoms associated with social anxiety. This group aims to help students who struggle in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, and being assertive. This structured skills groups will give students the tools they need to work towards their personal goals as they overcome their social anxiety. This is also a safe space to explore the root of social anxiety and challenge oneself to push through difficult emotions surrounding this stressful experience.

WEDNESDAYS | MARCH 20 – MAY 8 | 12NOON – 1P

For more information about this group,
how to register and *eligibility, visit
www.gonzaga.edu/healthandcounseling

