

# Step Out of Social Anxiety

**October 12, 19, 26 and November 2 | 4pm - 5pm**

Participate in this four week workshop series to learn how to Step Out of Social Anxiety. This is an in person structured group that will allow you to explore how social anxiety impacts you and create steps you can take to decrease its impact on your daily life. As the workshops build on each other, it is important that you attend all sessions in sequence. Activities will be given to do on your own in between sessions to boost your progress.

**Space is limited to 8 participants**

**Sign up now to reserve your space:**

<https://ysu.edu/student-counseling-services>



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