

Overcoming Shyness Groups

Ages 6-8, 9-11, 12-15, 16-19, & 20 and up



Shyness can be painful to overcome. Left unaddressed, shyness may develop into social anxiety, or social phobia. Is shyness keeping you or someone you love from living fully or enjoying life?

At Christopher D. Watson, Psy.D., & Associates, we've drawn from research conducted by the renown psychologist Philip Zimbardo as well as cognitive behavioral and experiential exercises proven effective in reducing shyness.

The Overcoming Shyness Groups will begin on September 20th, 2010. There will be a total of 8 sessions one hour in duration per week. Please register by 9/10/2010 to be placed in the appropriate shyness group.



After registering, the participant will meet with the group facilitator, Dr. Doina Porumbescu, licensed clinical professional counselor, for a brief interview to ensure your needs will be met.

6-8 Age Group

Dates: Mondays 9/20-11/8/10

Time: 4:30-5:30 p.m.

9-11 Age Group

Dates: Mondays 9/20-11/8/10

Time: 6:00- 7:00 p.m.

12-15 Age Group

Dates: Tuesdays 9/21-11/9/10

Time: 5:30- 6:30 p.m.

16-19 Age Group

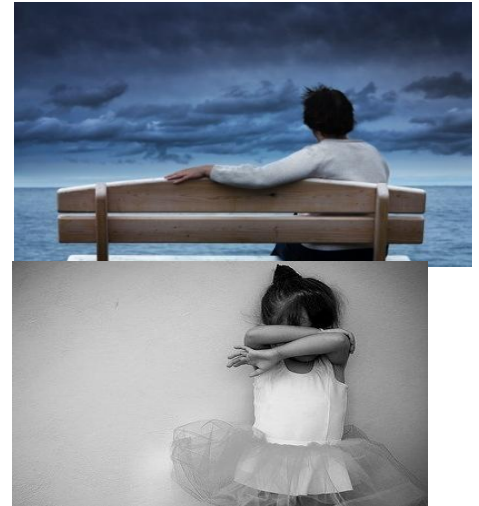
Dates: Tuesdays 9/21-11/9/10

Time: 7:00- 8:00 p.m.

19 & Up Group

Dates: Mondays 9/20-11/8/10

Time: 7:30- 8:30 p.m.



**Please register by 9/10/2010
via phone or email:**

(847) 577-0904 x3

drdoina@um.att.com

Location: 121 S. Wilke Rd.
Suite 234 Arlington Heights, IL.
60005



www.discoveryyourstrengths.net

