

# 7-Week Teen Social Anxiety Group

This 7-week teen social anxiety group is meant to help teens experiencing anxiety in some way, with a focus on social anxiety. Most people feel anxious at some point in their life. It is even more common to feel anxious during adolescence, because so many changes are taking place in your body, mind, and emotions. The COVID-19 pandemic has also exacerbated social anxiety symptoms due to high rates of social isolation.

Anxiety is a very common and treatable condition. This group will provide ideas and concrete skills on how to prevent and better manage your anxiety. Most young people experience increased self-esteem, self-confidence, and a greater sense of independence from participating in this group.

## Group members will learn about:

- Anxiety and how it personally impacts them
- Skills to combat anxiety  
*(relaxation skills, mindfulness skills, social skills, identifying/disputing/replacing irrational thoughts with realistic and productive thoughts, and more.)*
- How to give and receive support
- How to care about yourself

## **DATES:**

Tuesdays from 4:30-5:30 p.m. virtually starting 4/5/22 through 5/17/22.

## **COST:**

Free

## **ENROLL:**

If you would like to enroll in this group, please call Ashlyn Storaker (Social Work Care Manager) at 503-646-0161 ext. 6070. *Please note that space is limited.*

