

Mindfulness for Social Anxiety

Introducing

A group that is focused on helping clients practice mindfulness and CBT interventions for the treatment of social anxiety in a warm and accepting environment. We address the impact of social anxiety on one's thoughts, physical sensations, relationships, emotions, and behaviors.

Steven Mollura, LPC

**4108 Monroeville Blvd,
Monroeville, PA 15143**

10:00am

August 18

August 25

September 1

September 8

September 15

September 29

October 6

October 13

