Do you struggle with social anxiety or shyness? If so, you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment.

Are you tired of this and ready to commit to working toward change? ACT on Social Anxiety & Shyness is a mindfulness-based cognitive behavior therapy approach to help you understand and accept your social anxiety while also taking action to participate in the life you want.

Then please join us!

Where: Culp Center, Room 337

When: Wednesdays from 7:30 PM–8:45 PM beginning February 8, 2016.

Please register at www.surveymonkey.com/s/ACT4SA