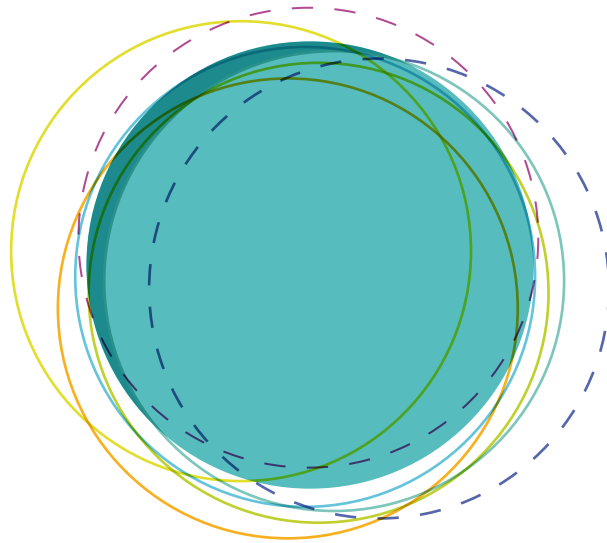


social anxiety group event

a one day event exploring the benefits
of group therapy for social anxiety

Saturday June 19th 10am - 5pm cost - £70

The Open centre, Old St. London EC1V 9FR



The workshop will provide a safe space in which to explore the challenges encountered with Social Anxiety and how being in a group can help.

The workshop will be facilitated by **Stefano De Cesaris** and **Neil Turner**. **Stefano** has run the social anxiety self-help group (SASH) in London since 2004, and he is currently training in body-oriented therapy. **Neil** has been training in Counselling, Hypnotherapy and Psychotherapy and is interested in helping others to find their own way towards transforming anxiety.

to book or for more information call - **Neil** on **07958 718139**

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