



SPRING 2018

ADOLESCENT SOCIAL ANXIETY AND SOCIAL SKILLS GROUP

Monday afternoons

We are pleased to offer an eight-week social anxiety and social skills group for young adolescents (ages 13-16). We will be focusing on core skills for managing social anxiety and improving social relationships using CBT techniques. The group will be led by Barbara Pherribo, LPC. For more information contact us via phone at 919-906-2891 or via email (mike@e3solutionsnc.com or barbara@e3solutionsnc.com).



Barbara Pherribo is a Licensed Professional Counselor (LPC) with 31 years of counseling experience in working with adults, teens, children and families. She has facilitated psychoeducational groups for over twenty-five years.

**Eight-week group
focused on
managing social
anxiety and
improving
relationship
building skills**

**For males and
females ages
13-16**

**Focusing on CBT
techniques**

**Ideal for clients
with social
anxiety and high
functioning
Autism**

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