Do You Know a Shy Teenager?

The Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGe) is offering a 14-week state-of-the-art group treatment program for teens who experience shyness and social anxiety.

What Is Social Anxiety?
Social Anxiety is intense nervousness in social and performance situations.

Signs of Social Anxiety in Teenagers:
- Avoids or refuses to start conversations
- Avoids eye contact
- Difficulty inviting friends to get together
- Speaks very softly or mumbles when anxious
- Avoids or refuses answering questions in the classroom
- Appears isolated or remains on the fringes of the group
- Can’t ask the teacher for help or call others for homework
- Overly concerned with embarrassment or negative evaluation by others

This Program Will Help Teens:
- Build the skills necessary to interact well with peers, form friendships, and navigate their social world.
- Manage their anxiety and feel more comfortable in social settings.
- Learn how to approach, rather than avoid, anxiety-provoking social situations and enjoy life again.

To sign up or learn more about this program, please contact: 215.746.3331

For more information about COTTAGe, please visit our website at http://www.med.upenn.edu/cottage/.