

# Managing Social Anxiety & Building Social Skills for Young Adults Masterclass

**A skills-based group to enhance your ability to find, create and maintain healthy relationships and to effectively manage different social situations.**

## Who is the program for?

Our Managing Social Anxiety & Building Social Skills for Young Adults program aims to meet the needs of young people between the ages of 16 to 25 with a range of social difficulties. This may include difficulties relating to Social Anxiety Disorder, Generalised Anxiety Disorder, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, or any symptoms which impact one's ability to engage effectively in social settings.

## Program content

- Cognitive, behavioural and physiological strategies to manage anxiety in social settings
- Communication and conversation skills
- Skills for managing challenging social situations
- Building self-confidence
- Building healthy relationships

## About the program

This Masterclass program focuses on strategies for managing social difficulties. It is designed to help young people engage more effectively in interpersonal situations - including casual, romantic and more formal interactions. Managing Social Anxiety & Building Social Skills for Young Adults introduces skills for managing and overcoming social anxiety, understanding nonverbal skills, having effective conversations and building and maintaining healthy relationships.

## When is it held?

Every Tuesday from 4:15pm to 7:30pm. Light refreshments are provided.

## How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

## How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs day programs.

**For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email [belmonttherapyprograms@aurorahealth.com.au](mailto:belmonttherapyprograms@aurorahealth.com.au)**

