

Solutions Over Stress



Social "NoRms"

Social Anxiety Group Coaching

Social "NoRms" is supportive co-ed, group coaching sessions that provides a safe and non-judgmental environment for members to examine and combat the negative self-talk that keeps them from enjoying social interactions. Group members will develop skills to build social self-confidence and self-acceptance. Each week members further define WHO and HOW they want to be in order to feel comfortable in social situations.

Social "NoRms" meets every Saturday

Time: 10:00 – 11:30 am

Location: 601 W. 18th Street

Fee: \$40.00 per session

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Dana works with children, adolescents and adults. She sees individuals, families, and couples and offers convenient same day and weekend appointments available in central and north Austin as well as online sessions.