Conquering Confidence

Social-Communication challenges can be difficult to manage for a variety of reasons. If you become nervous in social situations or lack social confidence, join us to learn ways to reduce social stress and anxiety, improve communication and assertiveness skills, enhance perspective-taking ability, and practice conversation in a relaxed, supportive setting.

**WEDNESDAYS**
**11:00 AM - 12:00 PM**
(Beginning 9/6/17)

Student Counseling Center (CAPS)
(Corner of Country Club Rd. & University Blvd.)

Facilitated by: Debra Sloane, Psy.D., BCBA & Caroline Witek, M.S.

To join this group, contact CAPS at (321) 674-8050 or [CAPS@fit.edu](mailto:CAPS@fit.edu)