



The Yellow Door Group



Shyness, Social Anxiety & Fear of Public Speaking Support Group

Group Facilitator: Steve Bernard, M.A., R. Psychologist #405

The purpose of this support group is to provide a group environment to learn techniques to better manage anxiety and look at making a difference in your everyday or work life by gaining support from others and providing support to others. This group will be semi-structured to accommodate discussions in the group, as well as to allow changes based on the dynamics of group members. Whether you are shy meeting new people, fear being judged or scrutinized by others, joining a support group may be beneficial, something outside that comfort zone that gives you a "new beginning".

For more information please contact Steve @ 709-770-4274 or email: yellowdoor02@gmail.com

Important Information

Male or female only group?

No. Males and females 19 years of age and older can join this group. Upon contact regarding joining the group, a basic intake process over the phone will take place to ensure that this group will suit your needs.

How many sessions?

This group will be an open group, meaning that once enough participants are registered to begin the meetings, it will remain open to new comers until the maximum number of members is reached. The group will not have a designated end date. Group members & facilitators ability to work through meeting activities and outline will determine when the group will end. Of course as members feel they have reached their goals, consultation with group facilitator will take place to assist with proper exit of the group.

How much does the group cost?

Each member will be required to pay a fee of \$200 per month. Each meeting will be two hours in length and the group will meet once/week (4/month).

Are there any materials needed for this group?

Materials required for any in-session activities or group work will be supplied.

Contact Information



The Yellow Door Group
Suite 102, 10 Pippy Place
St. John's NL, A1B 3M7



Phone:
709 770-4274



Visit our website anytime at:
www.theyellowdoorgroup.com

Meeting

Once the minimum number of registrants is obtained a start date will be decided. From that date forward, meetings will be held on a weekly basis.

A connection for change ...