

GENDER WELLBEING SERVICE

# TRANSforming

## Social Anxiety

### Clinician Led Therapy Group for *transgender, gender questioning and gender diverse individuals*:

- + 18 years +
- + with current referral to the Gender Wellbeing Service Psychological therapies (active client or on waitlist)
- + suffering with social anxiety

This therapy group will support you to work on and **achieve your own personal goals** as well as address various components of social anxiety as a group.

### Group Information:

- 4 week program (attendance each week required)
- Tuesday evenings (3:30pm – 5:30pm)
- Commencing 5<sup>th</sup> October 2021 – 26<sup>th</sup> October 2021
- Held at SHINE SA Hyde Street Practice: 57 Hyde St, Adelaide
- FREE

This group will have a **strong interactive and social component**. For best outcomes willingness to engage in uncomfortable tasks and support one another will be required.

Want to register or find out more?

Contact the Gender Wellbeing Service:

[GenderWellbeingService@shinesa.org.au](mailto:GenderWellbeingService@shinesa.org.au)

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[shinesa.org.au](http://shinesa.org.au)