

# CONFIDENCE *in Connection*

*Skills and Support for the  
Socially Anxious and Avoidant*

*An 8-week counseling group*



Learn calming strategies,  
practice real-life social skills,  
and build confidence in a  
safe, supportive space

- \$60/session
- Financial Aid Available
- Date/Time TBD
- In person at 5226 Main Street D3, Spring Hill

**FOR MORE INFO AND TO REGISTER:**

- Call or text Ashley at: 615.933.9144
- Or scan the QR code



Wholehearted  
Counseling