

The Toronto Shyness and Social Anxiety Support Group

torontosocialphobia.tripod.com/index.html / 416-966-3309

If you are thinking of coming to the group, but feel too nervous, you can be assured that there is no pressure to talk. We understand that some new members have high anxiety and are not ready to participate fully. The group is there for all its members regardless of their level of anxiety. Know that you are not alone, and that many people, even those who appear confident on the surface, also have social anxiety. Together, we can learn to feel better about ourselves and to feel more comfortable relating to other people.

The Toronto Shyness and Social Anxiety Support Group was started in 2002. Just a little about our group:

- Our goal is to provide mutual support to those who suffer from social anxiety, from simple shyness to severe phobia of other people. Social anxiety sufferers experience worry, fear, nervousness, and sometimes a sense of panic when dealing with social situations.
- The group meets weekly on Saturday afternoons (**4pm at the Mood Disorders Association of Ontario, at 36 Eglinton Avenue West, in Room 602**). In addition to our weekly meetings, we hold regular social events, at pubs and restaurants, where members can build friendships and practice socializing with others who are facing similar challenges.
- Our meetings offer a safe, supportive environment where members can talk about their experience of social anxiety. For many, it's the only place where they can be open about mental health issues. As such, the group provides an important function in helping its members to realize that they are not alone, that many others have social anxiety in varying degrees. We listen to each other, and offer mutual understanding and advice.
- The group has its own web site (**torontosocialphobia.tripod.com/index.html**) where members can find out about the meetings, and discover resources related to social anxiety and social phobia. The web site lists books, therapists, articles, and provides links to other internet sites.