

Suffering with

Social Anxiety?

Adult men social anxiety group

In-person therapy group for men 18+ struggling with social anxiety.



Sign Up by emailing:
admin@nhtfamily.com



2331 Honolulu Ave. Suite G
Montrose, CA 91020

Fridays 1:30-3:00pm

Cost: \$60/session

Led by: Herbert Takhmazyan, LMFT

Small groups of five-participants. Engage in exposure and desensitization activities, and receive support.