



Colts
Neck
Psych

COLTS NECK
PSYCHOLOGICAL GROUP

🌐 coltsneckpsych.com

📞 732-780-6363 x2

Social Connection Group

FOR ADULTS AGES 25–35

A supportive space for adults who want to feel more comfortable and confident connecting with others.



WHAT WE'LL FOCUS ON



Understanding Social Anxiety



Building Confidence
in Social Situations



Making & Maintaining
Friendships



Meaningful Conversations
& Connection



Communication Skills



Authenticity & Self-Acceptance

GROUP DETAILS



MONDAYS

7:30 PM – 9:00 PM



OCTOBER 19TH – NOVEMBER 23RD
(6 WEEKS)



COLTS NECK PSYCHOLOGICAL GROUP

411 Route 34, Suite 10

Colts Neck, NJ 07722



IN PERSON

Therapist-led group



\$300

FOR ALL 6 WEEKS



Connect with others who get it.
Build confidence. Create meaningful
connections that last.



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