



CREATING
HOPE,
RECOVERY,
& PEACE
SINCE 2005

Freedom From Social Anxiety Programs allows you to 'Rise Within' and successfully make social anxiety a part of your past. Dr. Rob's program gives you the tools and strategies to reclaim a peaceful and productive life.

**"BE YOURSELF,
NOT YOUR
DISORDER."
—DRL**

FREEDOM FROM SOCIAL ANXIETY

This program is specially designed to give you the ultimate edge over your social anxiety. The program offers:

- Identification of anxiety triggers (situations, places, people)
- Learn how to rethink the way you think about fear, uncertainty, & doubt
- Develop a gradual exposure hierarchy that helps you 'Face Your Fears'
- Assertiveness and communication training
- Skills to break free from negative thinking and shift to a Positive mindset

New York Center for OCD and Anxiety Related Disorders

NYOCD

516 | 592 1686
Drroblancer@gmail.com

10 Grand Avenue
Rockville Centre, NY 11570
NYOCD.COM

"Conquering Fear and Anxiety has given me the strength and wisdom to guide others toward peace."

- DR. ROBERT LANCER

