

Get Heard!

with **BOSTON CHILD STUDY CENTER**

Please join us for our Get Heard! spring event at our Boston office. Group members will practice speaking to new people in new situations while engaging in fun, spring-themed bravery activities. Group members will also venture into the city to achieve community bravery goals!

Sign up by April 17th!

Boston Child Study Center's Get Heard! is a group treatment program series that offers group therapy events 4 times throughout the year. Get Heard! uses an evidence-based exposure therapy model. This model has been shown to be effective in reducing symptoms of selective mutism and social anxiety. Youth aged 3-14 are encouraged to participate and may be grouped by age. A concurrent caregiver support group will be offered from 10-11am.

Participants must currently be in behavioral treatment and/or have had prior experience with the exposure therapy model. The cost to participate is \$16-395 per group. For more information or to sign up, contact Dr. Kaitlyn Wilbur-Smith at kwilbur@bostonchildstudycenter.com or 617-356-7509.

