



CHANGEWAYS
CLINIC

Building Your Future: A 10-week Skills-building Group

- If you are age 19+
- Live at home and are un- or under-employed
- Experience social anxiety
- Self-identify as Hikikomori, NEET or ESW
- Want to meet new people
- Want to gain skills to work towards your future goals
- Want to work towards independence



When: January 18 - March 21, 2024

Time: 4:00 PM - 5:20 PM

Where: Online

Cost: \$50 per group meeting

Length: 10 weeks

**For more information or to register Contact
Changeways Clinic via phone at #604-871-0490 or email us at
drkivisalu@changeways.hush.com or
paterson@changeways.com**