

# Get Heard!

with **BOSTON CHILD STUDY CENTER**

Please join us for our Get Heard! summer event at our Natick office.

Group members will practice speaking to new people in new situations while engaging in fun, back-to-school bravery activities.

Group members will also have opportunities to achieve community bravery goals. We look forward to building confidence before the first day of school!

**Sign up by August 7th!**

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.

*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](mailto:kwilbur@bostonchildstudycenter.com) or 617-356-7509.*



**Saturday,  
August 22, 2026  
11am-2pm**

