



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Spring 2020

Virtual Children's Anxiety Group



Do you have a child who struggles with feelings of anxiousness? Does your child worry excessively about peer relationships, testing, or before events? Is your child able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your child often procrastinates? Does your child avoid discussing their future or expresses fear of the unknown?

Children may experience challenging, and overwhelming times filled with many milestones such as transitioning to a new school environment and can create feelings of stress.

Our group will give your child the time and space to learn and explore how to manage their feelings of anxiety through a series of topics utilizing evidence-based Cognitive Behavioral Therapy techniques.

Some of the skills we will be working on include:

- Gain a better understanding of anxiety including early signs and symptoms
- Learn the connection between thoughts, feelings, and behaviors
- Develop healthy coping and relaxation skills (i.e. deep breathing, visualizations, mindfulness, thought stopping, and progressive muscle relaxation.)
- Learn how to resolve conflicts through effective communication
- Cope with the stressors of school, sports, friends, and increased independence
- Learn to identify types of anxiety such as general, social, testing and phobias



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When: **Children's Anxiety Summer Camp**
Group: Tuesday May 22nd –June 12th from 4:00 PM- 5:00 PM with Therapist Natasha Sylvester

Where: Online via Video Chat

Who: Dr. Natasha Sylvester; plus co-leaders as needed, ensuring a small leader-to-student ratio

Grades: 1st-5th grade

Fee: 45-minute consult (required) with parent and child; fee varies based upon the leader. (Non-refundable)
Weekly Group Fee: \$85 per session
Deposit to hold spot: \$85 (applied to the first night of group, nonrefundable).
10% Discount for paying for all 6 sessions in advance
10% Discount for returning WFP Clients
15% Discount for returning WFP group clients and paying in Full!

A small snack may be provided. **Please let us know of any food allergies in advance.**

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com. Visit WynnsFamilyPsychology.com to learn more about the practice and the group leaders.

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!