



WYNNS family psychology
expert solutions for kids, teens & families



Anxiety Group for Tweens



Is your tween struggling with feelings of anxiousness, especially during these stressful and uncertain times? Does your tween worry excessively about peer relationships, performance, or before events? Is your tween able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your tween often procrastinates? Does your tween avoid discussing their future or express fear of the unknown?

Through a series of virtual discussions, activities, and games, your tween will engage with others virtually and learn strategies to cope with feelings of anxiety through a series of topics utilizing evidence-based Cognitive Behavioral Therapy techniques.

Topics include:

- Gain a better understanding of anxiety including early signs and symptoms.
- Learn the connection between thoughts, feeling and behaviors.
- Develop healthy coping and relaxation skills (i.e., deep breathing, visual imagery, mindfulness, and progressive muscle relaxation).
- Opportunity to socialize virtually and practice assertive communication skills.
- Learn strategies to cope with stress and changes regarding school, extracurricular activities, and socialization.



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When: Tuesdays from 4pm-5pm with Dr. Natasha Sylvester, May 19th – Jun 9th (4 weeks)

Where: From the privacy of your own home, via Doxy.me (online secure video call). Dr. Sylvester will send the link to her “virtual waiting room” prior to the first session. Please make sure to have a secure internet connection, a quiet and private space, and earphones.

Leader: Natasha Sylvester, Psy.D.

Ages: 9-12

Fee: \$60.00 for 30-minute consult (required) or \$85.00 (45-minute consult recommended)

\$70 per week

4-week group price: \$280 total (not including the consult)

\$70 deposit to reserve a spot

10% discount for paying all 4 sessions in advance

*Please note, all deposits and advanced payments are non-refundable.

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

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