

Young Adult Life Skills Fall Group



WYNNS family psychology

Graduating high school seniors, college freshmen,
& college sophomores

Thursdays 5:15-6:15pm

Sept. 29th-Nov.17th 2022

- ◆ Improving Time management
- ◆ Developing personal and professional identity
- ◆ Feeling good about yourself and improving your mood
- ◆ Stress Management
- ◆ Creating routine
- ◆ Budgeting
- ◆ Problem Solving and conflict resolution
- ◆ Building/Navigating relationships
- ◆ Sleep hygiene



Where: The Office of Wynns Family Psychology Cary Location
130 Preston Executive Drive, Suite 202, Cary, NC 27513

Who: Therapist Chelsea Turner and co-leaders as needed

What: 8-Week Virtual Group

Fees (All Non-Refundable):

- 45-minute consult (required) with parent and teen (fees varies based on group leader, non-refundable)
- Weekly Group Fee: \$95 per session
- 8-week group price: \$760 (not including the consult)
- Deposit: \$95 deposit required to reserve spot; covers first night of group.
- Available Discounts (Non-combinable):
 - 10% Discount for paying for all 8 sessions in advance
 - 10% Discount for returning WFP Group Clients
 - 15% Discount for returning WFP Group Clients and Paying in Full!

Join Us!

- ◆ Email groups@wynnsfamilypsychology.com or call 919-467-7777 for more information.

Space is Limited So Call or Email Now to Reserve Your Spot!



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