



Winter 2021

Boys to Men Middle School Group



Having difficulty interacting or maintaining expectations with your teen? Does he seem irritable or explosive? Does your teenager have difficulty controlling anger or have violent outbursts? Does he struggle with behavior at home or school? Does your teen become violent when screen time ends? Does your teen need help expressing and managing emotions appropriately? Is there concern about his transition from adolescence to adulthood? **Adolescence can be a socially and developmentally challenging time. Some young men need a little coaching to help make these years easier and more successful!**

Through a series of discussions, exercises, role-play, videos, and projects, your teen will build self-esteem and develop invaluable life skills, including:

- Respecting others and being treated with respect
- Learning respect for women and authority figures
- Anger management techniques and how to end violent outbursts
- Learning to express his emotions without feeling ashamed or weak
- Dealing with societies expectations of manhood
- Battling peer pressure and learning how to make the right choices
- Creating his own identity
- Improving self-esteem and developing positive self-concept
- Overcoming stereotypes and feeling comfortable with expressing emotions
- Using self-control and anger management
- Building strong relationships with other men
- Appropriately interacting with peers
- How to become a proud and responsible young man
- Navigating dating relationships and crushes in a respectful and responsible manner
- Getting along with family members and demonstrating respect for elders
- Learning how to forgive ourselves and others, including fathers
- Living in the present and exploring “mindfulness”
- Developing life skills and strategies, knowing your strengths, and exploring strengths and weaknesses
- Learning how to safely and appropriately navigate social media (Facebook, Instagram, Twitter, Snapchat, etc.) and understanding the effects these programs can have on the perception of manhood
- Accomplishing goals and planning for the future (college, careers, independence, etc.)
- Learning to strengthen the parent-son relationship.



WYNNS family psychology
expert solutions for kids, teens & families



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When: January 5th –February 23rd (8 weeks) Tuesdays from 4:00 PM -5:00 PM

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

Who: Therapist Matthew Macchioni; plus, co-leaders as needed, ensuring a small leader-to-student ratio

Grades: 6th-8th

Fee: 45-minute consult (required) with parent and child; \$130 (Non-refundable)
Weekly Group Fee: \$85 per session
8-week Group Price: \$680 (not including the consult)
\$85 Deposit required to reserve a spot
10% Discount for paying for all 8 sessions in advance
10% Discount for returning WFP Group Clients
Total: \$612 (not including the consult)
15% Discount for returning WFP Group Clients and Paying in Full!
Total: \$578 (not including the consult)

***Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable ***

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

Space is Limited So Call or [Email Now](#) to schedule your consultation!