



## **CHILDREN'S SOCIAL SKILLS/PARENT TRAINING GROUPS**

Does your child have difficulty making and maintaining friends?

Has your child been described as shy or slow to warm up to people?

Has your child been diagnosed with Asperger's or AD/HD or ODD?

Does your child often get into arguments with other children or with adults?

Does your child have difficulty cooperating with the teacher during classroom activities?

### **SOME CHILDREN NEED A LITTLE HELP LEARNING SOCIAL SKILLS!**

**Through a series of games, role-play, worksheets, videos, and projects, your child will enhance social skills such as:**

- ✓ Using self control and anger management
- ✓ Greeting People and Joining a Group
- ✓ Eye Contact -- Nonverbal communication -- Turn Up the Volume
- ✓ Telephone Manners
- ✓ Making Conversation -- Become a Good Listener -- How to Handle People that Brag
- ✓ Encouraging Thoughts, Encouraging Actions -- Say Thank You
- ✓ The Glass is Half-Full, Not Half-Empty -- Give Compliments -- Accomplishing Goals
- ✓ Respecting Others -- Treat Others With Respect
- ✓ Don't Talk About Other People Behind Their Backs -- Do Something Nice! It's Addictive!
- ✓ Positive Traits - Have Patience - Be Honest - Don't Let the Little Things Bring You Down
- ✓ Self-Improvement -- Feel Good About Yourself -- Don't be a Complainer
- ✓ Create Your Own Identity -- Improve Your Mood
- ✓ Strategies in Life -- Don't Announce Your Strengths/Admit Your Weaknesses
- ✓ Resist the Dark Side -- Apologize Quickly and Sincerely -- How to Handle Being Teased

\*This group uses a new curriculum based on Boost Kids:

<http://www.boostkids.com/children-social-skills.asp>

**\*\*NEW PARENT TRAINING GROUP RUNS CONCURRENTLY\*\***

Learn techniques for establishing home and school behavior plans that have been demonstrated to be effective with elementary-school children who have difficulties with inattention and/or hyperactivity–impulsivity as well as other problem behaviors such as difficulties making friends, reading social cues, and connecting with peers. Parent group topics include:

- ✓ Positive Attention
- ✓ Home–School Behavior Plans
- ✓ Homework Structure
- ✓ Setting Rules and Limits
- ✓ Rewards and Consequences
- ✓ Parent Stress Management

**When:** Will run for 6 weeks, beginning Monday September 28 from 6:00 – 7:15

**Where:** Office of Kristen Wynns, Ph.D., PLLC  
1135 Kildaire Farm Rd., Suite 200, Cary NC 27511

**Leaders:** Dr. Christina Rush (children’s group) Dr. Kristen Wynns (parent group)

**Ages:** Children ages 7 through 11.

**Cost Children’s Group:** \$75 per week OR discount for paying in advance for all sessions = \$400 discounted price (most insurance providers will reimburse some % of the fee; I can help file insurance for reimbursement). \$75 deposit required to reserve a spot for your child – due by Sept 21th.

**\*\*There is a corresponding Parent Specialty Group.** If you want to attend the parent session, the total cost for both groups is \$600.

A small snack is provided during each group. \*Please let us know if any food allergies in advance of the group\*

**To Register:** Call 805-0182 or email [kristenwynns@gmail.com](mailto:kristenwynns@gmail.com)

**Space is limited so call or email now to reserve a spot for your child!**

**Visit [kristenwynns.com](http://kristenwynns.com) to learn more about the practice or the leaders.**