



“Social Sprouts” Group for Young Children



Does your preschooler or kindergartner have difficulty making and keeping friends? Would she benefit from recognizing social cues? Does your child need help expressing emotions appropriately? Has she been diagnosed with Social Anxiety Disorder, Asperger’s Syndrome, Autism, or AD/HD? Or is she simply shy or socially awkward? Are there issues with your child’s behavior being disruptive at home, school, or daycare? **Some children need a little help learning social skills**

Through a series of lessons, activities, games, role-play, worksheets, and videos, your child will enhance his social skills and self-esteem. Our group will address the following topics:

Conversational Skills:

- Greeting people
- Starting, maintaining, and ending conversations
- Listening
- Showing interest in other people
- Asking relevant questions

Getting Along with Friends and Peers:

- Taking turns and sharing
- Learning to wait
- How to handle being teased
- How to ask a peer to play
- Accepting criticism
- Giving compliments
- Good sportsmanship

Emotional Regulation

- Identifying and understanding emotions
- Using self-control
- Managing anger and worry
- Relaxation
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Understanding Social Skills

- Keeping hands to oneself
- Saying hello
- Proper eye contact
- Personal space
- Speaking with an appropriate tone and volume

The actual curriculum and activities will change every season, but those are core topics covered.



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Social Sprouts Group

- When:** Session 1 in Cary: Mondays from 4:00pm–5:00pm, February 25th –April 22nd, 2019 (8-week group)(No group on April 1, 2019)
Session 2 in Raleigh: Tuesdays from 5:00-6:00pm, February 5th – March 26th, 2019 (8-week group)
- Where:** [The Office of Wynns Family Psychology, Cary & North Raleigh Locations](#)
Session 1 in Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513
Session 2 in Raleigh: 9207 Baileywick Road, Suite 203, Raleigh, NC 27615
- Leaders:** [Therapist Lauren Bowman](#) (Session 1), plus co-leaders as needed, ensuring a small leader-to-student ratio
[Doctor Cherish Williams](#) (Session 2), plus co-leaders as needed, ensuring a small leader-to-student ratio.
- Grades:** Preschool - K (4 years minimum)
- Fee:** \$85 for 30-minute consult (required) or \$127.50 for 45-minute consult (recommended), then \$85 per week. 8-week group prices: \$680 total or \$612 if paying for everything in advance (does not include consult). (Most insurance plans will reimburse a percentage of these fees.) Payment of consult plus first week of group is required to reserve a spot. \$170 with 30-minute consult or \$210 with 45-minute consult. (Deposits and advanced payments are non-refundable.) A small snack may be provided. **Please let us know of any food allergies in advance.**
- 10% Discount for returning WFP group clients!
10% Discount for paying for all 8 sessions in advance!
15% Discount for returning WFP clients AND paying for all sessions 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!

Parent Testimonial

"I just wanted to say how amazed I've been with your social skills summer camp, and the immediate results I've seen in E. Really, I wasn't sure what to expect since we'd never done this type of class before, but she's been super excited after each session. I've seen a real improvement in her manners, her ability to handle frustrating situations without losing her cool, and with accepting "no" for an answer. With the dramatic improvement I've seen in her coping skills, I will do whatever it takes to keep her in social skills classes this fall. This is truly an investment that is showing immediate and drastic results!"