



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Middle School Social Skills Group



Does your middle schooler have difficulty making and keeping friends? Does she report feeling bullied at school or in social situations? Does he need help expressing emotions appropriately? Are you or your child worried about her transition to middle school and fitting in socially? Has your middle schooler been diagnosed with Social Anxiety, Asperger's, Autism, or AD/HD? Or does he shy away from social interactions? **Because middle school can be challenging both academically *and* socially, these years are often considered to be some of the most stressful for kids! Our Middle School Social Skills Group teaches children the social skills needed to make these transitional years a success!**

Through a series of discussions, exercises, role-play, worksheets, videos, and projects, your child will enhance social skills and self-esteem. Topics include:

- Greeting people, making conversation, and joining a group
- Nonverbal communication
- Being a good listener and showing interest in others
- Manners — Saying “thank you” and apologizing quickly and sincerely
- Good sportsmanship
- Making, meeting and keeping friends
- Dealing with disappointments and friendship “drama”
- Not talking about peers behind their backs
- Dealing with cliques and how to handle being teased or left out
- Battling peer pressure
- Respecting yourself and others
- Self-esteem, self-confidence boosters, and mood improvement
- Problem solving
- Using self-control and emotional regulation
- Talking back to worried thoughts
- Responding safely to cyber-bullying (through emails, texts, Snapchat, etc.)
- Deciding whether to participate in online social worlds (Facebook, Twitter, Snapchat, etc.)
- Navigating dating relationships and crushes

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



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- When:** Session 1 in Cary: Tuesday's from 6:00pm–7:00pm, February 5th – March 26th, 2019 (8-week group)
Session 2 in Raleigh: Wednesday's from 5:00pm–6:00pm, February 13th– April 3rd, 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:** Session 1; Cary: Therapist Abby Kalainikas; plus, co-leaders as needed, ensuring a small leader-to-student ratio
Session 2, Raleigh: Therapist Spencer Grinnell; plus, co-leaders as needed, ensuring a small leader-to-student ratio
- Grades:** 6th-8th
- 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 you 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 sessions. 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!"