



WYNNS family psychology
expert solutions for kids, teens & families



SUMMER 2018

Teen “Activity and Life Skills” Summer Camps



Would you like for your teen to get out into the community, have fun with his peers, and further develop his social skills all at the same time? Wynns Family Psychology is pleased to offer an advanced social skills summer camp for

teenagers! This week-long, activity-based camp will provide teens with the opportunity to learn and practice social skills in “real time.” Using a combination of office-based interpersonal group therapy combined with community-based social activities (bowling, lunch out, outdoor activities, etc.), this camp will help your teen improve life skills and build self-esteem!

Topics for this group include:

- Respecting others and being treated with respect
- Dealing with bullying (both in real life and online)
- How to handle being teased and left out
- Handling rumors and gossip
- Dealing with cliques
- Battling peer pressure and learning how to make the right choices
- Feeling good about yourself and improving your mood
- Overcoming worried thoughts
- Using self-control and anger management
- Problem solving and conflict resolution skills
- Moving from acquaintances to close friendships
- Socializing and hanging out with peers
- How to feel like you belong vs. being the outsider
- Navigating dating relationships
- Developing life skills and strategies, knowing your strengths, and admitting your weaknesses
- Promoting positive life skills like good sleep habits, hygiene, and proper self-care
- Preparing for living independently

When: Session 1 in Cary: June 18th – 22nd (Mon - Fri) from 9:00am–12:00pm
Session 2 in Raleigh: July 16th – 20th (Mon - Fri) from 9:00am–12:00pm

Where: [The Offices of Wynns Family Psychology, Cary & Raleigh Locations](#)
Cary Office: 130 Preston Executive Drive, Suite 202, Cary, NC 27513
Raleigh Office: 9207 Baileywick Road, Suite 203, Raleigh, NC 27615
*Camps may also meet at other TBA locations in the community

Leaders: [Therapist Angela Burnett](#) (Session 1)
[Dr. Lori Thomas](#) (Session 2)
Plus, co-leaders as needed, ensuring a small leader-to-student ratio

Grades: (rising) 9th – 12th

Fee: \$450 for the week. 10% Discount for registering before June 1. \$250 deposit required to reserve a spot. Prior to the camp, a 30-minute private consultation with the group's doctor (to discuss concerns and goals) is required (additional \$80). (Deposits and advanced payments are non-refundable.) Snacks may be provided. **Please let us know of any food allergies in advance.** There may be minor additional costs associated with community outings.

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!"

More Information from Wynns Family Psychology

- [See Our Full List of Group and Camp Services](#)
- [Learn More About Our Child and Teen Therapy Services](#)