



WYNN'S family psychology
expert solutions for kids, teens & families



SOCIALizing SKILLZfully During Distancing

A weekly virtual support group for 8th – 12th graders



Feeling overwhelmed, unsure, or having a hard time managing recent changes as a result of COVID-19? Feeling out of sorts, discouraged with all the unknowns, restless, bored out of your mind, overwhelmed with the idea of “online school,” or disconnected from your friends and/or significant others that you are used to seeing every day? Join Dr. Brittany Bate and other teens for a 4-week, weekly support group to share ideas, resources, talk, hang out, and maybe learn a few tips and tricks on how to tackle this whole “social distancing”

Through a series of virtual discussions, exercises, videos, and games, your teen will engage with others, combat loneliness and boredom, and apply valuable life skills in managing the changes in their life as a result of current, changing circumstances: Teens can expect to cover a broad range of topics, including:

- Coping with anxiety, stress, or worry surrounding COVID-19
- Managing changes and daily stressors of social distancing via mindfulness, accepting what you can control, and letting go of what you can't
- Sharing ideas with other teens to build your “at home survival toolkit”
- How to manage school stress and the “school from home” format
- Socializing virtually/virtually hanging out with peers
- Accomplishing goals and planning for the future (college, careers, independence, etc.)



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When: **Social Distancing Virtual Group for Teens in 8th – 12th grade**

Group A: Thursdays from 3 – 4pm with Dr. Brittany Bate
4/9 – 4/30

OR

Group B: Tuesdays from 3 – 4 pm with Dr. Brittany Bate
4/14 – 5/5

Where: From the privacy of your own home, via Doxy.me. Dr. Bate will send out the link to her “virtual waiting room” prior to the first session. Please make sure to have a secure internet connection, a quiet and private space, and earphones

Grades: 8th-12th

Fee: \$50.00 for 30-minute video consult (required for new clients), or 45-minute consult (\$75 – Recommended) then \$50.00 per week.
4-week group prices: \$200.00 total (Not including the consult)
\$50 deposit required to reserve a spot.
10% Discount for paying for all 4 session in advance!

Please note, all deposits and advanced payments are non-refundable.

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!

You're not going to
master the rest of
your life in one day.
Just relax.

Master the day. Then
just keep doing that
every day.