



WYNNS family psychology  
expert solutions for kids, teens & families



## Elementary Anxiety Group



Do you have a child who struggles with feelings of anxiousness? Does your child worry excessively about peer relationships, testing, or before events? Is your child able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your child often procrastinates? Does your child avoid discussing their future or expresses fear of the unknown? Children may experience challenging, and overwhelming times filled with many

milestones such as transitioning to a new school environment and can create feelings of stress. Our group will give your child the time and space to learn and explore how to manage their feelings of anxiety through a series of topics utilizing evidence-based Cognitive Behavioral Therapy techniques.

### Topics include:

- Gain a better understanding of anxiety including early signs and symptoms.
- Learn the connection between thoughts, feeling and behaviors.
- Develop healthy coping and relaxation skills (i.e., deep breathing, visualizations, mindfulness, thought stopping, and progressive muscle relaxation).
- Learn how to resolve conflicts through effective communication.
- Cope with the stressors of school, sports, friends and increased independence.
- Learn to identify types of anxiety such as general, social, testing and phobias.



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**When:** Tuesdays from 4pm-5pm, February 25<sup>th</sup> – April 14<sup>th</sup> , 2020 (8 weeks)

**Where:** The Office of Wynns Family Psychology, Cary Location  
130 Preston Executive Dr., Suite 202, Cary, NC 27513

**Leaders:** Dr. Natasha Sylvester

**Ages:** 7-11 years

**Fee:** \$85.00 for 30-minute consult (required), or \$165.00 for 45-minute consult (preferred) then \$85.00 per week.

8-week group prices: \$680.00 total (Not including the consult)

\$170 deposit required to reserve a spot.

10% Discount for paying for all 8 session in advance!

10% Discount for returning WFP group clients!

Total \$612.00 (Not including consult)

15% Discount for returning WFP Group Clients and Paying in Full!

Total \$578.00 (Not including consult)

\*Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable\*

A small snack may be provided. **Please let us know of any food allergies in advance.**

**Register:** Call 919-467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com).

Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.

**Space is Limited So Call or Email Now to Reserve Your Spot!**