



WYNNS family psychology  
expert solutions for kids, teens & families



Winter 2021

## Middle School 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.

### Some of the skills we will be working on include:

- Gain a better understanding of anxiety including early signs and symptoms
- Learn the connection between thoughts, feelings, 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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## Middle School Anxiety Group

Spring 2021

**When:** February 6<sup>th</sup> - March 13<sup>th</sup> (6 weeks) Saturdays from 10:00 AM- 11:00 AM

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

**Who:** Therapist Morgan Lavender; plus co-leaders as needed, ensuring a small leader-to-student ratio

**Grades:** 6<sup>th</sup>-8<sup>th</sup>

**Fee:** 45-minute consult (required) with parent and child; \$135 (Non-refundable)  
Weekly Group Fee: \$85 per session  
6-week Group Price: \$510 (not including the consult)  
\$85 Deposit required to reserve a spot  
10% Discount for paying for all 6 sessions in advance  
10% Discount for returning WFP Group Clients  
Total: \$459 (not including the consult)  
15% Discount for returning WFP Group Clients and Paying in Full!  
Total: \$433.50 (not including the consult)

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

**Register:** Call 919-467-7777 or email [groups@wynnsfamilypsychology.com](mailto:groups@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 schedule your consultation!