

Middle School Boys Social Skills & Anger Management Group



Is your middle schooler having difficulty making friends? Is he feeling bullied? Does he shy away from social interactions because he doesn't fit in? Has he been diagnosed with Social Anxiety, Asperger's, Autism, or AD/HD? Does your child have a tough time expressing his emotions or controlling his temper? Is he easily annoyed? Has he lashed out at someone verbally or physically? **The tween and teen years can be challenging for boys. To make them a success, some kids need a little help learning social skills and how to cope with anger in a safe and healthy way!**

Through a variety of discussions, exercises, role-play, worksheets, videos, and projects, your son will improve his social skills by learning about the following topics:

- Self-esteem, self-confidence boosters, and improving mood
- Greeting people and joining a group
- Making conversation, being a good listener, and showing interest in others
- Nonverbal communication
- Manners — Saying “thank you,” apologizing quickly and sincerely, etc.
- Inviting friends over
- Dealing with exclusive groups and battling peer pressure
- Fitting in and how to handle being teased or left out
- Making SMART decisions and thinking for yourself
- Responding safely to cyber-bullying (emails, texts, Facebook, etc.)
- Deciding whether to participate in online social networks (Facebook, Myspace, etc.)
- Navigating boy-girl relationships

Anger management topics will include:



- Anger vs. aggression
- How to be assertive, NOT aggressive
- Anger myths
- Physical reactions to anger and personal anger triggers
- Emotional regulation and ways to handle angry thoughts
- Relaxation strategies, problem solving skills, and self-control
- Expressing feelings and still being “cool”
- Respecting yourself and others



When: Thursdays from 5:30pm–6:45pm, October 1st –November 19th, 2015

Where: [The Office of Wynns Family Psychology, Raleigh Location](#)

9207 Baileywick Road, Suite 203, Raleigh, NC 27615

Leader: [Dr. Lori Thomas](#)

Ages: Boys ages 11–14

Fee: \$80 for 30-minute consult (required), then \$80 per week. \$720 total or \$660 if paying for everything in advance. (Most insurance plans will reimburse a percentage of these fees.) \$160 deposit required to reserve a spot. A small snack may be provided. **Please let us know of any food allergies in advance. 10% discount for repeat members.**

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.

Visit WynnsFamilyPsychology.com to learn more about the practice or the [group leader](#).

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](#)
- [Social Skills Camps: Raleigh Parenting Examiner Article](#)
- [Helpful Family and Parenting Articles](#)