



## “No Wimpy Parenting” Lunch & Learn Group for Moms



Do you feel frustrated and angry with your children? Is there a lack of respect from them? Are rules and warnings laughed at? Are your kids running the show? Moms today have a tough job—the responsibility of raising our children. Because this challenging duty often falls on women, the overwhelming stress of this (in addition to work and home care) can have us wanting to throw in the towel some days. And despite the need for an outlet, moms are frequently afraid to share their struggles for fear of being criticized.

So wouldn't it be great to have a safe place to talk about your struggles and get parenting tips with other women going through the same thing?

If you answered “yes,” you might benefit from “No Wimpy Parenting”—a strategy developed by [Dr. Kristen Wynns](#) to produce happier homes through more effective parenting techniques. Dr. Wynns helps parents “take back their power” by arming them with the skills needed to create positive changes and lasting results. (Visit [NoWimpyParenting.com](#) for more information.) This information-packed group is a great way to spend your lunch hour!

This special “Moms Only” group offers support for women, the chance to bond with other moms, and the opportunity to learn about the following topics:

- The 5 steps to “taking back your power”
- Avoiding “power suckers” at home
- Providing positive attention
- Ways to intellectually and emotionally stimulate your child
- Home-school behavior plans
- Setting rules and limits
- Rewards and consequences
- Parent stress-management
- Handling meltdowns and tantrums
- Getting on the same page with your spouse
- The importance of self-care
- How to properly use discipline tools like time out, the ROCKS system, privileges, and more



**When:** date and time TO BE DETERMINED based on client demand, PLEASE CALL

**Where:** [The Office of Wynns Family Psychology](#)

130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leader:** [Dr. Kristen Wynns](#), licensed psychologist, specializing in parenting, children, & families.

**Ages:** For parents of children ages 3–10 (but parents of teens are welcome too)

**Fee:** \$75 per week or \$550 for paying for all 8 sessions in advance. (Most insurance plans will reimburse a percentage of these fees.) A \$75 deposit is required to reserve a spot.

**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 or the [group leader](#).

Visit [NoWimpyParenting.com](http://NoWimpyParenting.com) to learn more about our parent coaching services.

**Space is Limited So Call or [Email Now](#) to Reserve Your Spot!**

**More from Dr. Wynns on Marriage and Parenting:**

- [Stay Happily Married Podcasts](#)
- [Marriage and Parenting 101 Blog](#)
- [My Carolina Today Marriage and Parenting Videos](#)
- [Helpful Family and Parenting Articles](#)
- [No Wimpy Parenting Services](#)



*Kristen Wynns, Ph.D. is the owner and founder of [Wynns Family Psychology](#), a specialty child and family practice in Cary, NC. (Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) for more information.) Married with two children of her own, she understands how challenging and complex both marriage and parenting can be. Dr. Wynns is also the creator of “[No Wimpy Parenting](#),” a resource for parents who want to take back their power as authority figures. (Visit [NoWimpyParenting.com](http://NoWimpyParenting.com).) Dr. Wynns offers in-person, phone, email, or Skype services to provide families with experienced and customized therapy solutions, evaluations, social skills groups, parent coaching, and custody consultations. Call (919) 805-0182 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com) to schedule an appointment or to learn more about the practice.*