



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Winter 2021

Elementary Social Skills Group



Does your child have difficulty making and maintaining friends? Is he (she) shy or slow to warm up to people? Has your child been diagnosed with Asperger's, AD/HD or ODD? Does he (she) often get into arguments with other children or with adults? Does your child have difficulty cooperating with the teacher during classroom activities? Is he (she) socially awkward, or does he (she) have trouble "reading" social cues? **Some children need a little help learning social skills!**

Through a series of discussions, exercises, role-play, videos, and projects, your child will enhance social skills and develop essential life strategies such as:

- Greeting people, joining a group, and making conversation
- Becoming a good listener
- Nonverbal communication and body language
- Good sportsmanship and teamwork
- Using self-control and anger management
- How to handle being teased
- How to handle children that brag
- Encouraging positive actions and giving compliments
- Performing nice gestures — they're addictive!
- Fostering positive traits like patience and honesty
- Apologizing quickly and sincerely
- Treating others with respect
- Not talking about others behind their backs
- Creating his (her) own identity and encouraging self-improvement
- Feeling good about himself (herself) and improving their mood
- Positive thinking — seeing the glass as "half-full," not "half-empty"
- Not letting the "little things" bring her down
- Not being a complainer
- Using manners and polite words
- Recognizing strengths and admitting weaknesses
- Mindfulness and relaxation
- Accomplishing goals
- Becoming a peacemaker
- Covid-19 related concerns



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In Person Group Details:

When: February 25th – April 15th (8 weeks) Thursdays from 5:00 PM-6:00 PM

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

Who: Therapist Alexis Harris; plus, co-leaders as needed, ensuring a small leader-to-student ratio

Virtual Group Details:

When: January 25th – March 15th (8 weeks) Mondays from 5:00 PM-6:00 PM

Where: **Online** and open to any child in NC!

Log-in information will be provided by group leader one week prior to start

Who: Therapist Michelle Dodson; plus, co-leaders as needed, ensuring a small leader-to-student ratio

Grades: 1st-5th

Fee: 45-minute consult (required) with parent and child; \$135 (Non-refundable)
Weekly Group Fee: \$85 per session
8 Week Group Price: \$680 (not including the consult)
\$85 deposit required to reserve spot
10% Discount for paying for all 8 sessions in advance
10% Discount for returning WFP Group Clients
Total: \$612 (not including the consult)
15% Discount for returning WFP Group Clients and Paying in Full!
Total: \$578 (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. Visit WynnsFamilyPsychology.com to learn more about the practice and the group leaders.