



“Social Sprouts” Group for Young Children



Does your preschooler or kindergartner have difficulty making and keeping friends? Would she benefit from recognizing social cues? Does your child need help expressing emotions appropriately? Has she been diagnosed with Social Anxiety Disorder, Asperger’s Syndrome, Autism, or AD/HD? Or is she simply shy or socially awkward? Are there issues with your child’s behavior being disruptive at home, school, or daycare? **Some children need a little help learning social skills!**

Through a series of lessons, activities, games, role-play, worksheets, and videos, your child will enhance his social skills and self-esteem. Our group will address the following topics:

Conversational Skills:

- Greeting people
- Starting, maintaining, and ending conversations
- Listening
- Showing interest in other people
- Asking relevant questions

Getting Along with Friends and Peers:

- Taking turns and sharing
- Learning to wait
- How to handle being teased
- How to ask a peer to play
- Accepting criticism
- Giving compliments
- Good sportsmanship

Emotional Regulation

- Identifying and understanding emotions
- Using self-control
- Managing anger and worry
- Relaxation
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Understanding Social Skills

- Keeping hands to oneself
- Saying hello
- Proper eye contact
- Personal space
- Speaking with an appropriate tone and volume



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Social Sprouts Group

- When:** Session 1 in Cary: Mondays from 5:00pm–6:15pm, April 9th – May 14th, 2018 (6-week group)
Session 2 in Raleigh: Mondays from 5:00-6:15pm, April 9th-May 14th, 2018 (6-week group)
- Where:** The Office of Wynns Family Psychology, Cary & North Raleigh Locations
Session 1 in Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513
Session 2 in Raleigh: 9207 Baileywick Road, Suite 203, Raleigh, NC 27615
- Leaders:** Therapist Lauren Bowman (Session 1), plus co-leaders as needed, ensuring a small leader-to-student ratio
Therapist Dorothy McGilvary (Session 2), plus co-leaders as needed, ensuring a small leader-to-student ratio.
- Grades:** Preschool - K (4 years minimum)
- Fee:** \$80 for 30-minute consult (required), then \$80 per week. \$480 total or \$512 if paying for everything in advance. (Most insurance plans will reimburse a percentage of these fees.) \$160 deposit required to reserve a spot. (Deposits and advance payments are non-refundable.) 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 and the group leaders.

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 you 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 sessions. 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](#)