



Winter 2021

Social Sprouts Social Skills Group



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/her 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

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



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When: February 2nd – March 9th (6 weeks) Tuesdays from 5:15 PM-6:15 PM

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

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

Grades: Pre-k to Kindergarten (Minimum of 4 years)

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. Visit WynnsFamilyPsychology.com to learn more about the practice and the group leaders.

Space is Limited So Call or [Email Now](#) to schedule your consultation!