



Middle School Social Skills Group



Does your middle schooler have difficulty making and keeping friends? Does she report feeling bullied at school or in social situations? Does he need help expressing emotions appropriately? Are you or your child worried about her transition to middle school and fitting in socially? Has your middle schooler been diagnosed with Social Anxiety, Asperger's, Autism, or AD/HD? Or does he shy away from social interactions? **Middle school can not only be challenging academically and socially but is often considered to be the most stressful time for kids! Some children need a little help learning social skills to make this transition easier and the middle school years a success!**

Through a series of discussions, exercises, role-play, worksheets, videos, and projects, your child will enhance social skills and self-esteem. Topics include:

- Greeting people, making conversation, and joining a group
- Nonverbal communication
- Being a good listener and showing interest in others
- Manners — Saying “thank you” and apologizing quickly and sincerely
- Life strategies — Not announcing strengths and admitting weaknesses
- Going deeper — Turning acquaintances into close friends
- Inviting friends over
- Dealing with disappointments and friendship “drama”
- Not talking about peers behind their backs
- Dealing with cliques and how to handle being teased or left out
- Battling peer pressure
- Respecting yourself and others
- Self-esteem, self-confidence boosters, and mood improvement
- Making SMART decisions and thinking for oneself
- Using self-control and emotional regulation
- Talking back to worried thoughts
- Responding safely to cyber-bullying (through emails, texts, Facebook, etc)
- Deciding whether or not to participate in online social worlds (Facebook, Myspace, etc.)
- Navigating boy-girl relationships



When: Mondays from 6:30pm–7:45pm, for 8 weeks starting September 19th

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

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

Leader: [Dr. Laura Greene](#)

Ages: Kids ages 11–14

Fee: \$75 per week or \$550 for paying for all eight sessions in advance. (Most insurance plans will reimburse a percentage of these fees. We can help file for insurance reimbursement.) A \$75 deposit is required to reserve a spot. A small snack may sometimes be offered. **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!

Wynns Family Psychology Social Skills Groups in the News:

- [Social Skills Camps: Raleigh Parenting Examiner Article](#)
- [New Lesson for NC Classrooms: Teaching Social Skills Article and Audio Segment](#)
- [Is Your Child Dealing with a Bully?: My Carolina Today Video Segment](#)