



WYNNS family psychology  
expert solutions for kids, teens & families



Winter 2021

## Middle School Social Skills Group



Does your middle schooler have difficulty making and keeping friends? Does he/she report feeling bullied at school or in social situations? Does he need help expressing emotions appropriately? Are you or your child worried about his/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/she shy away from social interactions? Because middle school can be challenging both academically and socially, these years are often considered to be some of the most stressful for kids! Our Middle School Social Skills Group teaches children the social skills needed to make these transitional 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
- Good sportsmanship
- Making, meeting and keeping friends
- 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
- Problem solving
- Using self-control and emotional regulation
- Talking back to worried thoughts
- Responding safely to cyber-bullying (through emails, texts, Snapchat, etc.)
- Deciding whether to participate in online social worlds (Facebook, Twitter, Snapchat, etc.)
- Navigating dating relationships and crushes

**The actual curriculum and activities will change every season, but these are core topics covered.**



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**When:** January 21<sup>st</sup>-March 11<sup>th</sup> (8 weeks) Thursdays from 6:15 PM-7:15 PM

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

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

**Grades:** 6<sup>th</sup>-8<sup>th</sup>

**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 a 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](mailto:groups@wynnsfamilypsychology.com). Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.

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