



# **Overwhelmed with getting back to post-Covid "Normal"?**

## **Screen time limits creeping up?**

### **Let's get back on track for the Summer!**

The **Parenting Power Up Group** offers support for parents, the chance to bond with other parents, and the opportunity to learn about the following topics:

- The 5 steps to “taking back your power”
- Avoiding “power suckers” at home
- How to get your kids to really listen
- Ways to intellectually and emotionally stimulate your child
- How to stop yelling and meltdowns in the home
- Parent stress management
- Helping your child with depression/anxiety

This virtual group is for parents of children ages 3 through teens!

**Sign up for the No Wimpy Parenting group and get the signed No Wimpy Parenting Handbook by Dr. Wynns for **FREE!****

Where: Virtual Group

Who: Dr. Kristen Wynns

When: April 20-June 1 (no meeting May 18) Wednesdays 12-1pm

What: 6-Week In-Person Interactive Group

Fees (All Non-Refundable):

Weekly Group Fee: \$95 per session

6-week group price: \$570

Deposit: \$95 deposit required to reserve spot; covers first day of group.

Space is Limited So Call or Email Now to Reserve Your Spot!



*Kristen Wynns, Ph.D. is the owner and founder of Wynns Family Psychology, a specialty child and family practice in with locations in Cary, Raleigh, and Greensboro. (Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) for more information.) Married with two children of her own, she understands how challenging and complex both marriage and parenting can be. Dr. Wynns is also the author of the No Wimpy Parenting Handbook, a resource for parents who want to take back their power as authority figures. (Visit [wynnsfamilypsychology.com](http://wynnsfamilypsychology.com).)*

*Call (919) 467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com) to sign up for this group or to learn more about the practice.*