



“No Wimpy ParentingSM” Training Group



Do you struggle with a lack of respect from your kids? Do you often feel frustrated and angry with your children? Are “rules” and warnings laughed at? Are your kids running the show? If you answered “yes” to most of these questions, you might benefit from “No Wimpy Parenting”—a strategy and philosophy developed by [Dr. Kristen Wynns](#) to produce more effective parenting by helping parents “take back their power.” Dr. Wynns is passionate about starting a revolution one parent at a time by providing advice and a good “kick in the parenting pants” when needed. (Visit NoWimpyParenting.com for more information.)

No Wimpy Parenting topics include:

- The 5 steps to “taking back your power”
- Avoiding “power suckers” at home
- Providing positive attention
- Ways to intellectually and emotionally stimulate your child
- Home-school behavior plans
- Setting rules and limits
- Rewards and consequences
- Parent stress-management
- Handling meltdowns and tantrums
- Getting on the same page with your spouse



When: Wednesdays from 6:00pm–7:15pm, for 8 weeks starting April 18th

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

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

Leader: [Dr. Kristen Wynns](#), licensed psychologist, specializing in parenting, children, & families.

Ages: For parents of children ages 6–13 (parents of teens welcome too)

Fee: \$75 per week or \$550 for paying for all 8 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. **There will be a corresponding [Elementary Social Skills Group \(for kids ages 7-11\)](#) offered during the same time.** If your child attends, the cost for both groups is \$115 per session or \$870 total for advance payment in full.

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.

Visit WynnsFamilyPsychology.com to learn more about the practice or the [group leader](#).

Visit NoWimpyParenting.com to learn more about our parent coaching services.

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!

More from Dr. Wynns on Marriage and Parenting:

- [Stay Happily Married Podcasts](#)
- [Marriage and Parenting 101 Blog](#)
- [My Carolina Today Marriage and Parenting Videos](#)
- [Helpful Family and Parenting Articles](#)
- [No Wimpy Parenting Services](#)



Kristen Wynns, Ph.D. is the owner and founder of [Wynns Family Psychology](#), a specialty child and family practice in Cary, NC. (Visit 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 creator of "[No Wimpy Parenting](#)," a resource for parents who want to take back their power as authority figures. (Visit NoWimpyParenting.com.) Dr. Wynns offers in-person, phone, email, or Skype services to provide families with experienced and customized therapy solutions, evaluations, social skills groups, parent coaching, and custody consultations. Call (919) 805-0182 or email Info@WynnsFamilyPsychology.com to schedule an appointment or to learn more about the practice.