

Teen Girls Life Skills

Fall 2022 Group



WYNNS family psychology

Ages 13-19

Wednesdays 5-6pm

September 28th-November 16th

- ◆ Learn how to communicate effectively
- ◆ Conflict resolution (friends or foes?)
- ◆ Social Media management
- ◆ Everyday life stressors and coping
- ◆ Improve self-esteem and body image
- ◆ Learn healthy eating habits, sleep hygiene and exercise
- ◆ Build connections with other teen girls who are experiencing similar issues



Where: The Office of Wynns Family Psychology North Raleigh Location
9207 Baileywick Rd, Ste 203, Raleigh, NC 27610

Who: Therapist Felicia Kelly and co-leaders as needed

What: 8-Week In-Person Interactive Group

Fees (All Non-Refundable):

- 45-minute consult (required) with parent and teen (fees varies based on group leader)
- Weekly Group Fee: \$95 per session
- 8-week group price: \$760 (not including the consult)
- Deposit: \$95 deposit required to reserve spot; covers first night of group.
- Available Discounts (Non-combinable):
 - 10% Discount for paying for all 8 sessions in advance
 - 10% Discount for returning WFP Group Clients
 - 15% Discount for returning WFP Group Clients and Paying in Full!

Join Us!

- ◆ Email groups@wynnsfamilypsychology.com or call 919-467-7777 for more information.

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



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