



“Life Skills” Groups for Teens



Having difficulty relating to your teen? Does he seem withdrawn or isolated? Does your teenager have difficulty making and keeping friends? Does she feel bullied at school or in social situations? Does your teen need help expressing and managing emotions appropriately? Is there concern about his transition from adolescence to adulthood? **High school can be a socially and academically challenging time. Some teens need a little coaching to help make these years easier and more successful!**

Through a series of discussions, exercises, role-play, videos, and projects, your teen will build self-esteem and develop invaluable life skills, including:

- Respecting others and being treated with respect
- Dealing with bullying (both in real life and online)
- How to handle being teased and left out; handling rumors and gossip
- Not letting the “little things” bring you down and learning the act of “letting go”
- Dealing with cliques
- Battling peer pressure and learning how to make the right choices
- Creating your own identity
- Feeling good about yourself and improving your mood
- Overcoming worried thoughts
- Using self control and anger management
- Moving from acquaintances to close friendships
- Socializing and hanging out with peers
- How to feel like you belong vs. being the outsider
- Navigating dating relationships
- Getting along with family members
- Learning how to forgive
- Living in the present and exploring “mindfulness”
- Developing life skills and strategies, knowing your strengths, and admitting your weaknesses
- Deciding whether to participate in online social networks (Facebook, Instagram, Twitter, Snapchat, etc.)
- Time management skills
- Accomplishing goals and planning for the future (college, careers, independence, etc.)



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



“Life Skills” Group for Teens

- When:** Session 1 in Cary: Mondays from 6:30pm–7:45pm, April 9th – May 14th (6 weeks)
Session 2 in Raleigh: TBD Based upon client need. Please Call
- Where:** [The Office of Wynns Family Psychology, Cary Location](#)
Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513
- Leaders:** [Session 1: Therapist Lauren Bowman](#) plus co-leaders as needed, ensuring a small leader-to-student ratio
- Grades:** 9th-12th
- Fee:** \$80 for 30-minute consult (required), then \$80 per week. \$480 total or \$512 if paying for everything in advance, includes consult. (Most insurance plans will reimburse a percentage of these fees.) \$160 deposit required to reserve a spot. (Deposits and advance payments are non-refundable.) A small snack may be provided. **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 and the group leaders.

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

Parent Testimonial

“I just wanted to say how amazed I’ve been with you social skills summer camp, and the immediate results I’ve seen in E. Really, I wasn’t sure what to expect since we’d never done this type of class before, but she’s been super excited after each sessions. I’ve seen a real improvement in her manners, her ability to handle frustrating situations without losing her cool, and with accepting “no” for an answer. With the dramatic improvement I’ve seen in her coping skills, I will do whatever it takes to keep her in social skills classes this fall. This is truly an investment that is showing immediate and drastic results!”

More Information from Wynns Family Psychology

- [See Our Full List of Group and Camp Services](#)
- [Learn More About Our Child and Teen Therapy Services](#)
- [Social Skills Camps: Raleigh Parenting Examiner Article](#)