



Teen Summer Camp

Summer 2021



Would you like for your teen to get out into the community, have fun with his peers, and further develop his social skills all at the same time? Wynns Family Psychology is pleased to offer an advanced social skills summer camp for teenagers! This week-long, activity-based camp will provide teens with the opportunity to learn and practice social skills in “real time.” Using a combination of office-based interpersonal group therapy combined with community-based social activities (bowling, lunch out, outdoor activities, etc.), this camp will help your teen improve life skills and build self-esteem!

Topics for this group include:

- 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
- Dealing with cliques
- Battling peer pressure and learning how to make the right choices
- Feeling good about yourself and improving your mood
- Overcoming worried thoughts
- Using self-control and anger management
- Problem solving and conflict resolution skills
- 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
- Developing life skills and strategies, knowing your strengths, and admitting your weaknesses
- Promoting positive life skills like good sleep habits, hygiene, and proper self-care
- Preparing for living independently



WYNNS family psychology
expert solutions for kids, teens & families



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When: **Teen Summer Camp**

Cary Camp: August 3rd -7th from 9:00 AM- 12:00 PM with Therapist Matthew Macchioni

Virtual Camp: June 28th- July 2nd; 9am-12pm with Therapist Emily Thompson

Where: **In Person Camp:** The Office of Wynns Family Psychology

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

Virtual Camp: Login info will be provided one week prior to start of camp

Who: Therapist Matthew Macchioni or Emily Thompson; plus, co-leaders as needed, ensuring a small leader-to-student ratio

Grades: 9th-12th Grade

Fee: 45-minute consult (required) with parent and child (Fees vary depending on clinician, Non-refundable)

Camp Fee: \$495 for the week

Deposit to hold spot: \$50 (Applied to the total cost of camp, non-refundable.

Balance is due

1 week prior to camp, non-refundable).

Camps are coded as group therapy: CPT code 90853

10% Discount for registering before June 15th!

All consult fees, deposits and advanced payments are non-refundable

Register: Call 919-467-7777 or email groups@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!