



“Middle Men” Tween & Young Teen Group for Boys



Is your pre-teen or teenage son having difficulty making or keeping friends? Is he feeling bullied at school or in social situations? Does your son need help expressing emotions appropriately? Are you or your child concerned about his transition into middle school (or high school) and fitting in socially? Has he been diagnosed with Social Anxiety, Asperger’s Syndrome, Autism, or AD/HD? Does your son shy away from social interactions? **The tween and teen years can be academically and socially challenging for boys. And some kids need a little extra help learning social skills to make these years a success!**

Through a variety of discussions, exercises, role-play, worksheets, videos, and projects, your son will improve his social skills by learning about the following topics:

- Self-esteem, self-confidence boosters, and improving his mood
- How to be assertive, NOT aggressive
- Using self-control and emotional regulation
- Expressing feelings and still being “cool”
- Greeting people and joining a group
- Nonverbal communication
- Being a good listener
- Making conversation and showing interest in others
- Manners — Saying “thank you,” apologizing quickly and sincerely, etc.
- Inviting friends over
- Respecting himself and others
- Dealing with exclusive groups and battling peer pressure
- How to handle being teased or left out
- Fitting in
- Making SMART decisions and thinking for himself
- Responding safely to cyber-bullying (emails, texts, Facebook, etc.)
- Deciding whether to participate in online social networks (Facebook, Myspace, etc.)
- Navigating boy-girl relationships



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

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

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

Leader: [Dr. Mike Daniels](#)

Ages: Boys ages 11–15

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. A small snack may sometimes be offered. **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 or the [group leader](#).

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

Wynns Family Psychology Social Skills Groups in the News:

- [Social Skills Camps: Raleigh Parenting Examiner Article](#)
- [New Lesson for NC Classrooms: Teaching Social Skills Article and Audio Segment](#)
- [Is Your Child Dealing with a Bully?: My Carolina Today Video Segment](#)