



“Girls Only” Middle School Social Skills Group



Is your middle school daughter having difficulty with her friends? Is she dealing with “mean girls” at school? Are you concerned about her transition to middle school and fitting in socially? **Many girls struggle with manipulative friendships, social bullying, and standing up for themselves, making middle school a complex and challenging time. And there are academic, social, familial, and other pressures that often cause tween and teen girls to feel overly “stressed out.”** The

focus of this group is to provide social support for your daughter and to help her learn ways to cope with the pressures of middle school life.

Through a variety of discussions, activities, role-play, worksheets, and projects, your daughter will learn about the following topics:

- Managing anger
- Learning to cope with stress and anxiety
- Relaxation strategies
- Family and friendship issues
- Dealing with peers and “girl drama”
- Bullying and cyber-bullying
- Increasing self-esteem
- Peer pressure
- Communication skills
- Problem-solving skills
- Study and organizational skills
- Time management



When: Session 1 in Cary: Thursdays from 6:30pm–7:45pm, Mar 2nd – Apr 27th, 2017
(8-week group, group doesn't meet Apr 13th)

Session 2 in Raleigh: Tuesdays from 5:00pm–6:30pm, May 9th – Jun 6th, 2017

Where: [The Offices of Wynns Family Psychology, Cary and Raleigh Locations](#)

Session 1 in Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513

Session 2 in Raleigh: 9207 Baileywick Road, Suite 203, Raleigh, NC 27615

Leader: [Dr. Christine Rose](#) (Session 1) and [Kalie Moore](#) (Session 2),
plus co-leaders as needed, ensuring a small leader-to-student ratio

Ages: Girls ages 11–14

Fee: \$80 for 30-minute consult (required), then \$80 per week. \$720 total for 8-week group or \$660 if paying for everything in advance. \$560 total for 6-week group or \$520 if paying for everything in advance. (Most insurance plans will reimburse a percentage of these fees.) \$160 deposit required to reserve a spot. (Deposits and advanced 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 or the [group leader](#).

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 your 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 session. 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](#)