



“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: Tuesdays from 6:00pm–7:15pm, for 8 weeks starting January 3rd

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

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

Leader: [Dr. Laura Greene](#)

Ages: Girls ages 11–14

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](#)