



“Life Skills” Group 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 Does he seem withdrawn or isolated?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 or not to participate in online social networks (Facebook, Myspace, etc.)
- Time management skills
- Accomplishing goals and planning for the future (college, careers, independence, etc.)



When: Wednesdays from 6:00pm–7:15pm for 8 weeks starting March 21st

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

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

Leader: [Dr. Mike Daniels](#)

Ages: Teens ages 14–18

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. **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](#)