



WYNNS FAMILY PSYCHOLOGY
expert solutions for kids, teens & families



Summer 2020

Virtual Elementary Anxiety Group



Do you have a child who struggles with feelings of anxiousness? Does your child worry excessively about peer relationships, testing, or before events? Is your child able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your child often procrastinates? Does your child avoid discussing their future or expresses fear of the unknown? Children may experience challenging, and overwhelming times filled with many

milestones such as transitioning to a new school environment and can create feelings of stress. Our group will give your child the time and space to learn and explore how to manage their feelings of anxiety through a series of topics utilizing evidence-based Cognitive Behavioral Therapy techniques.

Topics include:

- Gain a better understanding of anxiety including early signs and symptoms.
- Learn the connection between thoughts, feeling and behaviors.
- Develop healthy coping and relaxation skills (i.e., deep breathing, visualizations, mindfulness, thought stopping, and progressive muscle relaxation).
- Learn how to resolve conflicts through effective communication.
- Cope with the stressors of school, sports, friends and increased independence.
- Learn to identify types of anxiety such as general, social, testing and phobias.



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Virtual Elementary Anxiety Camp

When: August 3rd-7th from 9:00 AM- 10:00 AM with Dr. Natasha Sylvester

Where: Online!
You will be provided with log-in information one week prior to camp

Leaders: Dr. Natasha Sylvester

Ages: 1st-5th Grade

Fee: 45-minute virtual consult (required) with parent and child (\$190, Non-refundable)
Camp Fee: \$280 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).
10% Discount for registering before June 15 th !
Camps are coded as telehealth group therapy: CPT code 90853 (95)
All consult fees, deposits and advanced payments are non-refundable.

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