



## Anxiety Group for Tweens/Teens



Do you have a teen who struggles with feelings of anxiousness? Does your teen worry excessively about peer relationships, testing, or before events? Is your teen able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your teen often procrastinates? Does your teen avoid discussing their future or expresses fear of the unknown? Teen years can be challenging, and overwhelming times filled with many transitions. Even milestones such as getting their driver's license or transitioning to a new school environment can create feelings of stress. Our group will give your teens 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 an understanding of anxiety including the connection between thoughts, feeling and behaviors.
- Develop healthy coping and relaxation skills such as breathing, visualizations, mindfulness, thought stopping, and progressive muscle relaxation.
- Learn self-care to prevent anxiety through proper exercise, adequate sleep, and balanced diet.
- Develop time management skills to include family, friends, academics, and other interests without sacrificing self-care.
- Learn how to resolve conflicts through effective communications.
- Cope with future stressors of college, workforce, increase independence, and long-distance friendships.
- Learn to identify types of anxiety such as general, social and testing and phobias.

Our last night will present an opportunity for teens to lead discussions in topics of interests as well as create a self-care tool kit

**The actual curriculum and activities will change every season, but these are core topics covered.**



WYNNS FAMILY PSYCHOLOGY  
expert solutions for kids, teens & families



## Anxiety Group for Tweens/Teens

**When:** Tuesday's from 4:00pm–5:15pm; Sept 11<sup>th</sup> – Oct 30<sup>th</sup> (8-week group)

**Where:** The Office of Wynns Family Psychology, Cary & North Raleigh Locations  
130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leaders:** Therapist Mary Caldwell-Pineda  
Plus, co-leaders as needed, ensuring a small leader-to-student ratio

**Ages:** 13-17

**Fee:** \$85 for 30-minute consult (required), then \$85 per week. \$765 total or \$697.00 if paying for everything in advance. (Most insurance plans will reimburse a percentage of these fees.) \$170 deposit required to reserve a spot. (Deposits and advance 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](mailto:Info@WynnsFamilyPsychology.com). Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.

**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 sessions. 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](#)
- [Helpful Family and Parenting Article](#)