



“Life Skills” Group for Young Adults



Having difficulty relating to family, friends, or coworkers? Do you feel withdrawn or isolated? Having difficulty maintaining relationships? Do you feel awkward in social situations? Having trouble expressing and managing emotions appropriately? **The college years and early adulthood can be a challenging time. But life skills coaching can help make these years easier and more successful!**

Through a series of discussions, exercises, role-play, and off-site activities, this group will build self-esteem, solidify social skills, and develop other invaluable life skills, including:

- Respecting others and being treated with respect
- Dealing with bullying (both in real life and online)
- Handling rumors and gossip
- Developing personal and professional identity
- Establishing life goals
- Battling peer pressure and learning how to make the right choices
- Feeling good about yourself and improving your mood
- Overcoming worried thoughts
- Stress management
- Advocating for yourself
- Problem solving and conflict resolution skills
- Moving from acquaintances to close friendship
- How to feel like you belong vs. being the outsider
- Navigating dating relationships
- Developing life skills and strategies, knowing your strengths, and admitting your weaknesses
- Promoting positive life skills like good sleep habits, hygiene, and proper self care
- How to live independently successfully
- Knowing when to ask for help/assistance
- Practicing social skills in public at off-site locations



When: Thursdays from 3:30pm–4:45pm, Oct 13th – Dec 15th, 2016
(Group will not meet Nov 3rd or Nov 24th)

Where: [The Office of Wynns Family Psychology, Raleigh Location](#)
9207 Baileywick Road, Suite 203, Raleigh, NC 27615

Leader: [Dr. Lori Thomas](#)

Ages: Ages 18–26

Fee: \$80 per week. \$640 total or \$580 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.** Currently planned off-site trips include Bruegger's Bagels for Coffee/Tea and Mellow Mushroom for a meal. There may be minor additional costs associated with community outings. **10% discount for repeat members.**

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.

Visit WynnsFamilyPsychology.com to learn more about the practice and the [group leader](#).

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!

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](#)