

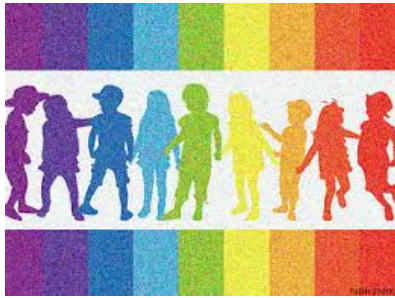


WYNNS FAMILY PSYCHOLOGY  
expert solutions for kids, teens & families



Winter 2021

## Exploring Gender Identity Group



School can be tough! Hormones, peer pressure, relationships, bullying, academics, social media, and navigating one's identity can feel overwhelming. Specifically, many teens may also have questions relating to their sexual orientation, gender identity, gender expression, etc. If you have a high schooler, or rising high schooler, who has expressed feeling as though their gender does not match their sex assigned at birth, that they are unclear about their romantic, physical, emotional, or sexual attraction, or are exploring various terms and how they may apply to them (i.e., transgender, non-binary, gender fluid, gender queer, bisexual, pansexual, demisexual, gay, lesbian, etc.), this group is for them. Additionally, stressors and challenges specifically related to social distancing, isolation, at-home schooling, and COVID-19 will be explored!

During our 8-week group, using a series of discussions, exercises, role-play, and videos, your teen will talk with other teens in the exploration of sexual orientation and/or gender identity, questions as well as seek support relating to common challenges amongst LGBT+ youth. Throughout a psychologist will provide psychoeducation and encourage dialogue in an affirming, respectful environment. Additionally, group members will:

- Learn, discuss, and answer questions about information relating to gender identity, sexual orientation, and gender expression
- Discuss and process challenges experienced in the home, school, and community setting
- Discuss and process actual or perceived concerns/challenges involved in the coming-out or exploration process
- Discuss and practice assertive communication strategies when asserting one's gender identity and/or sexual orientation
- Discuss and improve upon protective factors for mental health and wellness (i.e., anxiety reduction, mood regulation, improved self-esteem)
- Gain information about age-appropriate community resources for LGBT+ teens
- Allow for questions and concerns to be processed in a safe, confidential, affirming atmosphere



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- When:** January 15<sup>th</sup>- March 5<sup>th</sup> 2021 (8 Weeks) Fridays from 5:00 PM- 6:00 PM
- Where:** Online and open to teens anywhere in NC!  
Log-in information will be provided by group leader one week prior to start
- Who:** Dr. Katherine Ernst; plus, co-leaders as needed, ensuring a small leader-to-student ratio
- Grades:** 9<sup>th</sup>-12<sup>th</sup>
- Fee:** 45-minute consult (required) with parent and child; \$165 (Non-refundable)  
Weekly Group Fee: \$85 per session  
8 Week Group Price: \$680 (not including the consult)  
\$85 deposit required to reserve spot  
10% Discount for paying for all 8 sessions in advance  
10% Discount for returning WFP Group Clients  
Total: \$612 (not including the consult)  
15% Discount for returning WFP Group Clients and Paying in Full!  
Total: \$578 (not including the consult)

\*Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable.\*

**Register:** Call 919-467-7777 or email [groups@wynnsfamilypsychology.com](mailto:groups@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 schedule your consultation!