



**WYNNS FAMILY PSYCHOLOGY**  
expert solutions for kids, teens & families



**SUMMER 2019**

## Middle School Social Skills Summer Camps



This summer, do you want your middle schooler to learn how to make and keep new friends? Would you like to enhance her self-confidence? Do you want him to learn how to handle conflicts peacefully? Deal with teasing and bullying? Battle peer pressure? Combat

social anxiety and fears? Our intensive Middle School Social Skills Summer Camp can help! Many tweens can use a little help improving their social skills! And our social skills groups and summer camps provide a safe and relaxed environment for children to practice skills with peers and receive immediate feedback and coaching. This camp will offer a unique blend of role-play, games, craft activities, books, videos, modeling, coaching, positive reinforcement, communication with parents, and “learning time” to practice social skills.

### **Some of the skills we'll be working on include:**

- Making and keeping friends
- Conversational skills and reading social cues
- Giving and accepting compliments
- Reducing impulsivity and using self-control
- Handling anger, frustration, and embarrassment
- Reacting to failure
- Dealing with disappointments and friendship “drama”
- Responding safely to cyber-bullying (through emails, texts, social media, etc.)
- Deciding whether to participate in online social worlds (Facebook, Instagram, etc.)
- Dealing with cliques and how to handle being teased or left out
- Not talking about peers behind their backs
- Conflict resolution and staying out of fights
- Battling peer pressure
- Problem-solving and negotiating
- Accepting “no” and accepting consequences
- Handling shyness and social anxiety
- Improving self-esteem
- Being honest
- Improving organization

**When:** Session 1 in Cary: June 17<sup>th</sup> – June 21<sup>st</sup> (Mon – Fri) from 9:00am–12:00pm  
Session 2 in Cary: July 15<sup>th</sup> – 19<sup>th</sup> (Mon – Fri) from 9:00am–12:00pm  
Session 3 in Raleigh: July 22<sup>nd</sup> - 26<sup>th</sup> (Mon – Fri) from 9:00am–12:00pm

**Where:** [The Offices of Wynns Family Psychology, Cary & Raleigh Locations](#)  
**Cary** Office: 130 Preston Executive Drive, Suite 202, Cary, NC 27513  
**Raleigh** Office: 9207 Baileywick Road, Suite 203, Raleigh, NC 27615

**Leaders:** **Therapist Madison Veasey** (Session 1)  
**Therapist Abigail Kalainikas** (Session 2)  
**Therapist Spencer Grinnell** (Session 3)

**Grades:** (rising) 6<sup>th</sup> – 8<sup>th</sup>

**Fees:** \$85 for 30-minute consult with parent and child (required)  
\$495 for the camp, with a \$250 nonrefundable deposit to guarantee registration  
(Deposits and advanced payments are non-refundable.)  
10% Discount for registering before June 1!  
Camps are coded as group therapy: CPT Code 90853  
\*Each group will have co-leaders as needed, ensuring a small leader-to-student ratio

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 our [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 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!”