



Example Workshop Topics for Parents and Adults*



- No Wimpy Parenting! (tips for getting respect and better behaved kids)
- Blurry boundaries: How to be close, but not “too close” with your tween & teen
- Tweens, Teens and Screens: tips for managing electronics
- Bullying
- ADHD: Myths and What’s New in treatments and strategies
- Motivating the unmotivated: Lighting the fire in stagnant students
- Parenting the child with special needs: Autism, ADHD, Anxiety etc.
- Special needs of gifted children: tips to nurture emotionally, socially, and behaviorally
- Coparenting Do’s and Don’t’s
- Divorce care: TLC for the first year going through a divorce
- Holistic treatment for anxiety in children and teens
- How to get Grit! (Resilience and perseverance for our children and teens!)

Retreats/Staff Development

- Recharge and relax retreat: Recharging batteries for women who are burnt out and stressed
- Staff workshops available on customized topic
- Marriage enhancement: for couples who are going through tough times OR who are proactively trying to nurture their marriage
- Corporate retreats for team building, staff development, executive leadership development (Customized workshops & retreats available for corporations. Please email for more details.)

Pricing

- Workshops/seminars are \$200/hour. Discounts available to churches and schools.
- Retreats: Pricing is variable depending on location/length. Email for details. Package pricing for corporations.

*Although these are popular workshops, Dr. Wynns is also willing to create a new workshop based on a topic of interest!



Kristen Wynns, Ph.D. frequently sought out as local expert on child psychology and parenting issues for radio shows, t.v. news, magazines like Carolina Parent, and t.v. shows like My Carolina Today and Daytime. She has been the relationship columnist for a national magazine, All You. Dr. Wynns is the founder of a parenting website called NoWimpyParenting.com.™ “No Wimpy Parenting” services are available to help parents struggling with behavior or discipline problems at home. Dr. Wynns likes to say she is “doubly qualified” to give parenting advice because she is not only a child psychologist, but has two young children of her own (ages 13 and 10).

Dr. Wynns is a child and adolescent psychologist who owns a child/adolescent specialty private practice in Cary, NC called [Wynns Family Psychology](http://WynnsFamilyPsychology.com). She has a Ph.D. and Master's in Clinical Psychology (from UNC-Greensboro). At Wynns Family Psychology, Dr. Wynns provides therapy for kids ages 3 and up, parent therapy, and social skills groups and camps. She also provides psychological and psychoeducational evaluations for ADHD, Autism, Learning Disabilities, and Gifted. Dr. Wynns specializes in high conflict divorce cases by offering co-parenting therapy, reunification therapy, therapy for children of divorce, and a full menu of custody evaluations.

See WynnsFamilyPsychology.com or NoWimpyParenting.com for more information. Or email Info@WynnsFamilyPsychology.com or call (919) 467-7777.