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JANUARY 2020

# Introducing our Groups

*Krippa Family Psychological & Wellness Services Newsletter*



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## **New Groups, Summer Camps and Meet our Therapists for 2020!**



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This year at our practice we are excited to announce new groups that are open and accepting new members. We are also excited to open sign ups for our summer camps. Finally, we have new additions to our growing practice and we would like you to meet them!

# Cary Groups

## Teen/Tween Anxiety/Depression Group

(14-16 year olds)

Wednesday @ 5pm

Facilitated by Alexis Bunt, LCSW and Stephanie Brekstad, Graduate Intern

Help teens understand the causes and symptoms of depression and anxiety

Provide strategies such as mindfulness and relaxation that can be used to cope with symptoms

Provide ways to identify and challenge negative thinking

<https://tinyurl.com/thcshzt>

## Chronic Conditions & Autoimmune Conditions Support

Monday @ 6pm

Facilitated by Katelyn Jacobsen, LCMHCA

Our group members build strong support networks, learn new and alternative coping strategies, and feel decreased stress and anxiety through expert psychoeducation and facilitated peer support.

<https://tinyurl.com/sg56bso>

## LGBTQIA+ Support

Thursday @ 5pm

Facilitated by Alexis Bunt, LCSW

We will address isolating or confusing emotional feelings, explore the impact these emotions are having on their lives (e.g. family, social, etc), ways in which they are addressing these negative feelings currently and begin to explore alternative and constructive ways in which they handle negative emotional states.

<https://tinyurl.com/yxumn8fj>

## Teen Social Activities Club

Friday @ 6–8pm

Facilitated by Stephanie Brekstad, Graduate Intern

Expand teen's social circle

Informal, age appropriate activities

Create positive experiences and memories

<https://tinyurl.com/yxumn8fj>



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## **Pittsboro Groups**

## **Other Groups We Offer**

**Teen/Tween Anxiety/ Depression Group**  
(14-16 year olds)

Tuesday @ 5pm

Facilitated by Alexis Bunt, LCSW

<https://tinyurl.com/thcshzt>

**LGBTQIA+ Support**

Facilitated by Alexis Bunt, LCSW

**Resilience Group (Tween)**

**Girl's Empowerment Group (12-14) & 15+**

**Young Adult Women's Coping Skills**

**Beginning College Support & Coping Skills Camp**

**Social Skills Group (14-16 )**

**Social Skills Group (8-10)**

**Parenting Skills Group (Teen/Tween)**

Check out our Website for more information about our groups and to sign up!

<https://ncpsychologist.com/group-therapy>

Krippa Family Psychological & Wellness Services

**Cary & Pittsboro**

**(919) 893-9444**



# IT'S TIME FOR SUMMER CAMPS!

## STUDY SKILLS CAMP

Our Camp offers:

Increase study skills, improve peer relationship skills, and increase self-confidence.

Coping skills -Emotional Regulation -Making Friends -Social Skills Using Techniques such as:- Art therapy -Mindfulness

**Krippa Family Psychological & Wellness Services**

Be part of our Study Skills Camp this Summer!  
(For ages 8-10)  
July 6-10  
All groups 9am-12pm

Our Camp Offers:  
-Coping skills  
-Emotional Regulation  
-Making Friends  
-Social Skills  
Using Techniques such as:  
-Art therapy  
-Mindfulness  
In a fun & safe environment

Sign up: <https://tinyurl.com/y3m4zwxq>  
Email [kristinkrippa01@gmail.com](mailto:kristinkrippa01@gmail.com) or call (919)-454-4450 questions

547 Keisler Dr Suite 202  
Cary, NC

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

### TEEN AND TWEEN COPING SKILLS CAMP

Help your teen/tween improve life skills and build self-esteem!

TOPICS DISCUSSED:  
-RESPECTING OTHERS/BEING TREATED WITH RESPECT  
-BULLYING  
-PEER PRESSURE  
-IMPROVING SELF-ESTEEM  
-COPING SKILLS  
-PROMOTING POSITIVE LIFE SKILLS AND HABITS  
-BUILDING FRIENDSHIPS/RELATIONSHIPS

ALL GROUPS FROM 9AM-12PM

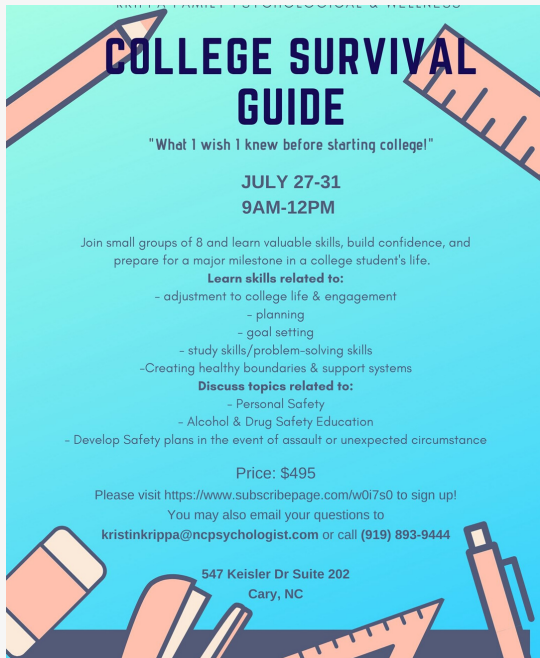
Teen	Tween
July 20-24	July 13-17

Price: \$495  
[https://www.subscribepage.com/w0i7s0\\_copy](https://www.subscribepage.com/w0i7s0_copy) to sign up!  
Email [kristinkrippa@ncpsychologist.com](mailto:kristinkrippa@ncpsychologist.com) or call (919) 893-9444 for any questions  
547 Keisler Dr Suite 202  
Cary, NC

## TEEN TWEEN COPING SKILLS CAMP

Our fun filled small group activity based camp is focused on building self-confidence, coping skills, develop self-awareness, and improve peer relations.





# COLLEGE SURVIVAL GUIDE

Join incoming freshmen to learn valuable skills, build confidence, and prepare for a major milestone in every student's life. Learn the skills needed to adjust to college and campus life including engagement, planning, goal setting, study skills, problem solving, and creating healthy boundaries and support systems.

See a camp you are interested in signing up for? Visit the link below:

**All camps filling NOW!!**

**Study Skills Camp: <https://tinyurl.com/y3m4zwxq>**

**Teen Tween Coping Skills Camp:  
<https://tinyurl.com/y5p3s9hz>**

**College Survival Guide:  
<https://tinyurl.com/FamilyPsychological>**

# MEET OUR THERAPISTS!



## **KRISTIN KRIPPA, M.A., LPA, HSP-PA, RIST ICST**

As the founder and clinical director of Krippa Family Psychological & Wellness Services I continue to feel honored to work with the individuals and families that have trusted me and allowed me to partner with them over the years. My 28 years experience treating children, teens, and adults gives me a unique perspective and strong background to help clients reach their full potential.



## **ALEXIS GUNIPERO BUNT, LCSW**

As an LCSW it is my mission to provide a supportive and empowering environment while assisting individuals on their personal journeys through life. I have over ten years of experience working with children, adolescents, young adults and families with a wide range of presenting issues. I want help individuals find balance, empowerment and provide a safe environment while navigating life's challenges.



## **MAYA ANGELOU PERRY, LCMHC**

My experience has included work with adults, adolescents, teens, and families. I tend to use a combination of methods/techniques depending on the needs of my client. I am committed to the success of the individuals and families I serve. It is my desire that each client is empowered to make the necessary changes for an impactful life.



## **KATELYN JAKOBSEN, LCMHCA**

As your counselor, my goal is to provide a warm and welcoming space that invites you to collaborate on identifying internal resources to overcome life's adversities and achieve self-identified goals. I work with all ages, specializing in young-middle adulthood and I aim to individualize my treatment plan and counseling services to best serve your personalized needs.





## **STEPHANIE BREKSTAD, GRADUATE INTERN**

I am a graduate student completing my M.S. in Professional Counseling with an emphasis in trauma. I work with children, teens, and adults from various backgrounds and concerns. I am passionate about working with victims of trauma and believe that many of us have experienced some form of trauma in our lives and living with a disorder or concern can affect everyone differently. I want to empower you to work towards your personal goals and live a fulfilled life!



## **CANDACE PATTERSON, GRADUATE INTERN**

I want to help your child gain the coping skills they need in order to live their best life possible. In addition, I also want to give you, as the parent, tools to use in order to help your child outside of sessions and throughout the rest of their lives. I hope to bring out the strengths in your child, so they realize they have the ability to help themselves in some of their situations. I look forward to being able to work with you and your child!



*Thank you for reading our newsletter! Keep an eye out for our monthly newsletters as we will continue to provide you with exciting information about our practice as well as wellness tips and techniques to fulfill our mission to make our clients our **PRIORITY!***