

# FREE SUMMER GROUPS

FOR CHILDREN, TEENS, PARENTS AND CAREGIVERS

Would your child or teen benefit from additional support this summer? Enjoy connecting with other students to learn fun new skills? Benefit from talking with peers about stressors and learn some additional coping skills?

## JOIN US!

*NOTE: Participants can participate as frequently as they choose. They are not required to participate in each session. Groups are geared toward skill-building and social connection! All groups are virtual.*

### **Positive Thoughts, Talks and Affirmations!**

2nd-5th Graders  
Mondays, 2PM - 3PM  
6/6, 6/13, 6/20, 6/27, 7/11,  
7/18, 7/25  
\*No Group on July 4

*Words have POWER! In this group, students will learn how to utilize positive self-talk to build self-confidence, boost self-esteem, and help regulate their emotions through words of affirmation.*  
For more info, email  
Latoyia.Harris@CHRIS180.org

### **Identity and Self-Esteem!**

6th - 8th Graders  
Wednesdays, 6PM - 7PM  
6/8, 6/15, 6/22, 6/29,  
7/6, 7/13, 7/20, 7/27

*Middle school can be challenging for a variety of reasons. This group will help students explore their values, interests, and traits to build a positive sense of self as they enter into middle school!*  
For more info, email  
Stacia.King@CHRIS180.org

### **Problem Solving: How to Make Good Choices!**

2nd-5th Graders  
Tuesdays, 3PM - 4PM  
6/7, 6/14, 6/21, 6/28, 7/5,  
7/12, 7/19, 7/26

*This group will discuss how to identify and solve problems while maintaining emotional regulation. We will discuss how to identify a problem, explore potential solutions and outcomes, and promote collaboration with peers.*  
For more info, email  
Jessica.Travis@CHRIS180.org



### **"You Aren't" Listening to Me": How to Communicate with your Parents, 101!**

9th - 12th Graders  
Wednesdays, 2PM - 3PM  
6/8, 6/15, 6/22, 6/29, 7/6,  
7/13, 7/20, 7/27

*High schoolers often feel that parents aren't listening to them when they talk. This group will help teens learn how to communicate better with their parents, bring up tough topics, and improve communication skills.*  
For more info, email  
Debra.Burden@CHRIS180.org

### **Healthy Boundaries!**

6th - 8th Graders  
Mondays, 3PM - 4PM  
6/6, 6/13, 6/20, 6/27, 7/11,  
7/18, 7/25  
\*No Group on July 4

*This group will assist students in identifying healthy boundaries with themselves and others. Students will be able to learn and identify what healthy boundaries are, the importance of boundaries, and how to set them.*  
For more info, email  
Raveen.Lewis@CHRIS180.org



### **Society or Me? Who am I?**

9th - 12th Graders  
Tuesdays, 2PM - 3PM  
6/7, 6/14, 6/21, 6/28, 7/5,  
7/12, 7/19, 7/26

*High school is full of pressure—school, parents, peers—and now we question: where do we fit into this world? This group will help students explore their values, interests, and personality traits to build a positive sense of self and feel confident in who they are.*  
For more info, email Brianna.  
Brooks@CHRIS180.org

### **Parenting Skills 101!**

All Parents + Caregivers  
Mondays, 11AM - 12PM  
6/6, 6/13, 6/20, 6/27, 7/11,  
7/18, 7/25  
\*No Group on July 4

*Billions of people share the experience of parenthood but have many different walks. Let's talk about building resilience within your kids, supporting your teens through mental health, parent stress, mindfulness, and positive parenting techniques.*  
For more info, email  
Tejah.Stanley@CHRIS180.org

**Scan QR Codes to join a group or click box if viewing online. Questions? Email [schoolbasedservices@CHRIS180.org](mailto:schoolbasedservices@CHRIS180.org)**