

# Free Summer Groups!

**Does your child or teenager need something to do this summer? JOIN US!**

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

**Email the therapists below to register your child or teen today! (All groups are virtual)**

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| <p><b>Social Skills Through Games</b><br/>6<sup>th</sup> - 8<sup>th</sup> graders<br/>Mondays, 3 P.M. – 4 P.M.<br/>6/7, 6/14, 6/21, 6/28, 7/12, 7/19</p>        | <p>This group will focus on developing social skills you can use through games and activities. We will focus on skills like active listening, problem solving, working together, and taking someone else's perspective.<br/><b>Email <a href="mailto:Alexandra.Gellin@CHRIS180.org">Alexandra.Gellin@CHRIS180.org</a></b></p>  |
| <p><b>Healthy Thinking Habits</b><br/>3<sup>rd</sup> - 5<sup>th</sup> graders<br/>Wednesdays, 2 P.M. – 3 P.M.<br/>6/16, 6/23, 6/30, 7/7, 7/14, 7/21</p>         | <p>Students can use positive thinking to promote positive behavior. Students will learn how to believe in themselves and what they can accomplish when they actively work to challenge their thinking habits and patterns.<br/><b>Email <a href="mailto:Jessica.Cooke@CHRIS180.org">Jessica.Cooke@CHRIS180.org</a></b></p>   |
| <p><b>Mindfulness for Families</b><br/>All ages + caregivers!<br/>Thursdays, 4 P.M. – 5 P.M.<br/>6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22</p>                     | <p>This group will provide caregivers and children an opportunity to learn and practice a variety of fun and easy mindfulness-based activities and find ways to incorporate mindfulness into family routines.<br/><b>Email <a href="mailto:Alexandra.Gellin@CHRIS180.org">Alexandra.Gellin@CHRIS180.org</a></b></p>  |
| <p><b>Transitioning to High School</b><br/>Rising 9<sup>th</sup> graders<br/>Thursdays, 1 P.M. – 2 P.M.<br/>6/17, 6/24, 7/1, 7/8, 7/15, 7/22</p>                | <p>Transitioning to high school brings up all kinds of feelings and concerns: will my friends be at my new school? Will I be able to do the work? This group will discuss relevant topics &amp; provide support for rising high schoolers!<br/><b>Email <a href="mailto:Ayana.Taylor@CHRIS180.org">Ayana.Taylor@CHRIS180.org</a></b></p>   |
| <p><b>Problem-Solving</b><br/>2<sup>nd</sup> – 5<sup>th</sup> graders<br/>Tuesdays, 3 P.M. – 4 P.M.<br/>6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20</p>              | <p>This group will empower students to learn how to communicate in pro-social ways by working with their peers. We will explore problem solving, effective communication, positive friendships, positive decision making and more.<br/><b>Email <a href="mailto:Latoyia.Harris@CHRIS180.org">Latoyia.Harris@CHRIS180.org</a></b></p>   |
| <p><b>Self-Esteem Building</b><br/>6<sup>th</sup> - 8<sup>th</sup> graders<br/>Wednesdays, 2 P.M. – 3 P.M.<br/>6/16, 6/23, 6/30, 7/7, 7/14, 7/21</p>            | <p>This group will focus on increasing self-esteem by identifying strengths and positive qualities, enhancing self-awareness, quieting the inner judge, improving confidence, and strengthening self-acceptance.<br/><b>Email: <a href="mailto:Simone.Wilson@CHRIS180.org">Simone.Wilson@CHRIS180.org</a></b></p>  |
| <p><b>Social Skills</b><br/>2<sup>nd</sup> – 5<sup>th</sup> graders<br/>Mondays, 2 P.M. – 3 P.M.<br/>6/14, 6/21, 6/28, 7/12, 7/19</p>                           | <p>This group will help students understand how they identify problems and use their experiences to solve problems creatively and independently. We will learn and practice various problem-solving techniques together.<br/><b>Email <a href="mailto:Tejah.Stanley@CHRIS180.org">Tejah.Stanley@CHRIS180.org</a></b></p>   |
| <p><b>Parent Self Care/Stress Management: The Real MVP</b><br/>Parents/Caregivers<br/>Thursdays, 2 P.M. – 3 P.M.<br/>6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22</p> | <p>While billions of people share the experience of parenthood, the journey can still feel lonely and filled with overwhelming responsibility and stress. In this group we will validate caregivers' unique experiences in a non-judgmental and supportive environment.<br/><b>Email <a href="mailto:Shanessa.Crook@CHRIS180.org">Shanessa.Crook@CHRIS180.org</a></b></p>  |
| <p><b>Identity/Self-Esteem</b><br/>6<sup>th</sup> – 8<sup>th</sup> graders<br/>Wednesdays, 2 P.M. – 3 P.M.<br/>6/16, 6/23, 6/30, 7/7, 7/14, 7/21</p>            | <p>In this group we will talk about skills integral to navigating middle school life on a daily basis. Participants will learn about the concept of self, identity, and daily living skills that foster confidence and self-worth.<br/><b>Email <a href="mailto:Shanera.Brown@CHRIS180.org">Shanera.Brown@CHRIS180.org</a></b></p>   |
| <p><b>"I don't want to talk about it"</b><br/>6<sup>th</sup> – 8<sup>th</sup> graders<br/>Wednesdays, 1 P.M. – 2 P.M.<br/>6/16, 6/23, 6/30, 7/7, 7/14, 7/21</p> | <p>Have you ever been unsure of how to say something or said something and regretted it later? This group is all about communication and the power each of us have with our words. Participants will identify their communication style, learn the four types of communication and practice communication skills with peers.<br/><b>Email <a href="mailto:Conni.Pritchett@CHRIS180.org">Conni.Pritchett@CHRIS180.org</a></b></p> |

\*Questions, Concerns, or Other Inquiries please email [schoolbasedservices@chris180.org](mailto:schoolbasedservices@chris180.org)