Psychological Testing & Assessments

Difficulty in school can have a significant impact on a child’s well-being. Parents of a child who is struggling academically often need help understanding why their child is having difficulty in school, and what to do about it. The Summit provides comprehensive psycho-educational evaluations for children, adolescents, and young adults.

Summer @ The Summit

School may be out... but mental health is still in!

The Summit is offering individual, family, and group services throughout the Summer.

Individual & Family Sessions *(DISCOUNT RATE for students enrolled at Summit OnSite schools)*

As a parent, you want what is best for your child, but it is not always easy to know what type of support they need. Mental health therapy helps your child better understand their personal needs and learn new skills to manage life situations and relationships more effectively.

**Common Issues We Address:**

- Anxiety
- Bullying
- Depression
- Divorce
- Eating Disorders
- Family Issues
- Grief, Trauma, Loss
- Peer Relationships
- Self-Harm
- Self-Image
- Substance Misuse
- Suicidal Ideation

**6-Week Groups** *(FREE for students enrolled at Summit OnSite schools)*

*Groups will not meet the week of July 4th. Selection requests for groups close on May 12th. Groups will fill on a first come, first served basis.*

Summer groups are an opportunity to work on social and emotional skills, while also building connectedness, communicating with others, and honing social skills in a group setting.

**Elementary School**

- Anxiety (K-2)
- Anxiety (3-5)
- DBT Skills (3-5)
- Social Skills (K-2)
- Social Skills (3-5)

**Middle School**

- Anxiety (6-8)
- Building Confidence (6-8)
- DBT Skills (6-8)
- Relationship Building (6-8)
- Social Skills (6-8)

**High School**

- AAPI Culture & Mental Well-being (9-12)
- Anxiety (9-12)
- Building Confidence (9-12)
- Grief (9-12)
- Preparing for College (11-12)
- Relationship Building (9-12)

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- Learn More
- Schedule an Appointment
- Register for Groups
- Find Office Locations

SummitCounseling.org
678-893-5300
Elementary School Groups

SOCIAL SKILLS
“Dialectical Behavioral Therapy” (DBT) Skills is a group that provides your child with important skills to manage a range of mental/emotional concerns such as bullying, trauma, impulsivity, difficulty regulating emotions, conflict, low self-esteem, and poor decision-making. This group is a great start for building new relationships, improving social skills, and learning to tolerate and understand distress. Each week, this group will explore how these skills can be used in your child’s daily life.

GROUP DAY DATE TIME LOCATION THERAPIST
ES.A.1 Anxiety (K-2nd Grade) Monday June 5th - July 7th 10:30-11:00 Johns Creek Office - Old Alabama Rd. A. Grimes
ES.A.2 Anxiety (K-2nd Grade) Monday June 5th - July 7th 1:00-2:00 Johns Creek Office - Medlock Bridge Rd. A. Grimes
ES.A.3 Anxiety (K-2nd Grade) Tuesday June 6th - July 8th 10:30-11:00 Johns Creek Office - Old Alabama Rd. T. Anthony
ES.A.4 Anxiety (K-2nd Grade) Tuesday June 6th - July 8th 1:00-2:30 Johns Creek Office - Old Alabama Rd. S. Shelley
ES.A.5 Anxiety (K-2nd Grade) Friday June 9th - July 20th 10:00-11:00 Johns Creek Office - Old Alabama Rd. K. Chuback

DBT SKILLS
“Dialectical Behavioral Therapy” (DBT) Skills is a group that provides your teen with important skills to manage a range of mental/emotional concerns such as bullying, trauma, impulsivity, difficulty regulating emotions, conflict, low self-esteem, and poor decision-making. This group is a great start for building new relationships, improving social skills, and learning to tolerate and understand distress. Each week, this group will explore how these skills can be used in your child’s daily life.

GROUP DAY DATE TIME LOCATION THERAPIST
ES.D.1 DBT Skills (3rd-5th Grade) Monday June 5th - July 7th 11:30-12:30 Johns Creek Office - Medlock Bridge Rd. A. Grimes
ES.D.2 DBT Skills (3rd-5th Grade) Monday June 5th - July 7th 12:00-1:00 Johns Creek Office - Old Alabama Rd. S. Shelley
ES.D.3 DBT Skills (3rd-5th Grade) Tuesday June 6th - July 8th 12:00-1:00 Johns Creek Office - Old Alabama Rd. T. Anthony
ES.D.4 DBT Skills (3rd-5th Grade) Tuesday June 6th - July 8th 1:30-2:30 Johns Creek Office - Old Alabama Rd. S. Shelley

SOCIAL SKILLS
This group helps children learn how to connect with one another, engage in conversations, recognize body language, express emotions, and gives them communication skills to build healthy relationships with their peers.

GROUP DAY DATE TIME LOCATION THERAPIST
ES.S.1 Social Skills (K-2nd Grade) Wednesday June 7th - July 9th 10:30-11:30 Johns Creek Office - Old Alabama Rd. A. Grimes
ES.S.2 Social Skills (K-2nd Grade) Wednesday June 7th - July 9th 1:00-2:00 Johns Creek Office - Medlock Bridge Rd. S. Shelley
ES.S.3 Social Skills (K-2nd Grade) Wednesday June 7th - July 9th 2:30-3:30 Johns Creek Office - Medlock Bridge Rd. C. Forrest

Middle School Groups

SOCIAL SKILLS
This group helps children learn how to connect with one another, engage in conversations, recognize body language, express emotions, and gives them communication skills to build healthy relationships with their peers.

GROUP DAY DATE TIME LOCATION THERAPIST
ES.M.1 Social Skills (3rd-5th Grade) Monday June 5th - July 7th 10:30-11:00 Johns Creek Office - Old Alabama Rd. A. Grimes
ES.M.2 Social Skills (3rd-5th Grade) Monday June 5th - July 7th 1:00-2:00 Johns Creek Office - Old Alabama Rd. S. Shelley
ES.M.3 Social Skills (3rd-5th Grade) Monday June 5th - July 7th 2:30-3:30 Johns Creek Office - Medlock Bridge Rd. A. Grimes
ES.M.4 Social Skills (3rd-5th Grade) Thursday June 8th - July 20th 2:30-3:30 Johns Creek Office - Medlock Bridge Rd. C. Smith

High School Groups

ANXIETY
Anxiety is the feeling of being afraid or nervous, even when there is no reason to worry. It can be a common struggle amongst members of the general population. It can be a common struggle amongst members of the Asian American community to understand and address the unique mental health needs that many may experience. This group, we will explore the Asian American experience in mental health, understand mental health barriers, and identify ways to overcome obstacles to Asian American mental well-being.

GROUP DAY DATE TIME LOCATION THERAPIST
HS.A.1.3 Anxiety (6th-8th Grade) Tuesday June 6th - July 18th 10:00-11:00 Johns Creek Office - Old Alabama Rd. A. Parker
HS.A.1.4 Anxiety (6th-8th Grade) Tuesday June 6th - July 18th 12:00-1:00 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.A.1.5 Anxiety (6th-8th Grade) Thursday June 8th - July 20th 10:00-11:00 Johns Creek Office - Medlock Bridge Rd. T. Forrest

RELATIONSHIP BUILDING
The teenage years can be filled with challenges, pressures, and questions. It is a time when teens begin to discover who they are, individually, explore who they want to be, and develop social connections that last for many years. Developing healthy relationships, presents unique challenges. This group will address the challenges of developing relationships, including building healthy interpersonal skills and boundaries.

GROUP DAY DATE TIME LOCATION THERAPIST
HS.R.1 Relationship Building (9th-12th Grade) Friday June 9th - July 21st 10:30-11:30 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.2 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 1:00-2:00 Johns Creek Office - Old Alabama Rd. L. Truett
HS.R.3 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 2:30-3:30 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.4 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 3:30-4:30 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.5 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 4:30-5:00 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.6 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 5:00-6:00 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.7 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 6:00-7:00 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.8 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 7:00-8:00 Johns Creek Office - Old Alabama Rd. S. Mixson
HS.R.9 Relationship Building (9th-12th Grade) Thursday June 8th - July 20th 8:00-9:00 Johns Creek Office - Old Alabama Rd. S. Mixson

Visit Our Website: Learn More Schedule an Appointment | Register for Groups | Find Office Locations
Since 1990, The Summit has been a trusted community partner; bringing hope, healing, and restoration to children, teens, adults, couples, and families. Through our partnerships with local community organizations, The Summit serves North Atlanta at 32 locations. Whatever your background, you will find us respectful, open and encouraging.

1. Alpharetta Office
   800 Mansell Rd, Ste 100,
   Alpharetta, GA 30022

2. Alpharetta Office
   (Summer Only)
   59 North Main St
   Alpharetta, GA 30009

3. Dunwoody Office
   1548 Mt Vernon Rd
   Dunwoody, GA 30338

4. Johns Creek Office
   11180 Medlock Bridge Rd
   Johns Creek, GA 30098

5. Johns Creek Office
   2750 Old Alabama Rd
   Johns Creek, GA 30022

6. Milton Office
   13680 Hwy 9 North,
   Bldg G, Ste 500
   Milton, GA 30004

7. Sugar Hill Office
   4600 Nelson Brogdon Blvd
   Sugar Hill, GA 30518

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