



2021 SUMMER GROUPS

This is a list of the groups that will be offered through The Summit this Summer. Please note that there will be no charge for students that attend a Summit SBMH school.

Anxiety Monsters Group

Kindergarten – 3rd Grade
June 14th – July 26th*
Mondays 1:00pm -2:15pm

By giving anxiety a monster identity, we will work on minimizing its scariness. Group members will define their anxiety and learn skills to help manage the emotions and behaviors that come along with heightened anxiety. With a better understanding of why we have anxiety, group members can normalize the feelings and take back control.

Location: 2750 Old Alabama Rd., Johns Creek
*Will not meet the week of July 4th

Life Leadership Skills Group

4th – 5th Grade
June 15th – July 27th*
Tuesdays 11:45am – 1:00pm

We will be focusing on social-emotional learning in a group setting where mindfulness will be a key in learning to focus on awareness and feelings in the body. The group will progress in practicing emotion management skills, interpersonal effectiveness strategies, and decision-making skills. We will be learning these skills through activities and game play in the room to help focus attention and have fun! Life leadership skills are best learned through modeling, practice, and awareness of self, so throughout the group we will be able to process the learned skills. Our goal is to lessen emotional dysregulation and provide lasting tools to use in home and at school.

Location: 2750 Old Alabama Rd., Johns Creek
*Will not meet the week of July 4th

Social Skills Group

3rd – 5th Grade
June 14th – July 26th*
Mondays 11:00am – 12:15pm

This group is to teach kids how to interact appropriately with others their age. It will help kids learn conversational, friendship, and problem-solving skills.

Location: 2750 Old Alabama Rd., Johns Creek

*Will not meet the week of July 4th

Preparing for Middle School

6th Grade

June 14th – July 26th*

Mondays 1:00pm – 2:15pm

Transitioning to Middle School can be anxiety inducing. We will focus on helping students to cultivate healthy and effective coping skills and positive self-talk, preparing them for 6th grade and some of the middle school challenges that can arise. Students will learn to manage emotions and build resiliency in a safe space where they can talk about their feelings and express their emotions surrounding starting middle school.

Location: Virtual Group

*Will not meet the week of July 4th

DBT Skills Group

6th – 8th Grade

June 7th – August 2nd*

Mondays 12:00 – 1:15

DBT Skills training for emotional problem solving. Designed to help students develop emotion management, interpersonal effectiveness, and decision-making skills. Perfect for students who may be struggling with impulsive behavior, peer rejection, low self-esteem, anxiety, and depression.

Location: Virtual Group

*Will not meet the week of July 4th

Grief Group

6th – 8th Grade

June 21st - June 25th

Monday – Friday 10:00am – 11:30am

This grief support group will give (pre)teens a place to share feelings with one another and discuss how grief has impacted them. Once they find out they are not alone and that others are also struggling they can begin feeling understood, accepted, and supported. We will explore the stages of grief, healthy ways of coping with each stage, and identify healthy ways of remembering their loved ones.

Location: 1548 Mt. Vernon Rd., Dunwoody

Social Skills & Anxiety Group

6th – 8th Grade

June 16th – July 28th*

Wednesdays 5:00pm – 6:15pm

This group is for students who are looking to increase their social skills as well as learn to manage anxiety and stress to help prepare for the upcoming school year. Students will learn interpersonal skills, effective communication, how to manage conflict, and develop coping skills for stress and anxiety.

Location: 2750 Old Alabama Rd., Johns Creek

*Will not meet the week of July 4th

Preparing for High School Group

9th Grade

June 21st – June 25th

Monday – Friday 11:00 –12:30

A group to prepare rising 9th grade students for their transition to high school, focusing on social skills, motivation, and reducing any anxieties and concerns they may have regarding this next step!

Location: 2750 Old Alabama Rd., Johns Creek

Managing Anxiety Group

10th – 11th Grade

June 15th – July 26th*

Tuesdays 12:00 – 1:15

This group is for students who are experiencing anxiety or an increased level of stress especially those returning to in-person learning for the first time since the pandemic. Topics will include challenging negative thoughts, mindfulness, managing school stress and creating a “toolbox” of skills to manage these feelings.

Location: Weeks 1-4 Virtual Group and Weeks 5-6 11180 Medlock Bridge, Johns Creek

*Will not meet the week of July 4th

Grief Group

9th – 12th Grade

June 21st - June 25th

Monday – Friday 12:00pm – 1:00pm

This grief support group will give (pre)teens a place to share feelings with one another and discuss how grief has impacted them. Once they find out they are not alone and that others are also struggling they can begin feeling understood, accepted, and supported. We will explore the stages of grief, healthy ways of coping with each stage, and identify healthy ways of remembering their loved ones.

Location: 1548 Mt. Vernon Rd., Dunwoody