

# Elementary School Groups

## ANXIETY

Worry is a normal feeling that we all feel. But sometimes that worry can turn into anxiety, which some kids feel in their bodies (like sweatiness, stomachache, or rapid breathing) or their thoughts and makes it hard for them to enjoy normal things like playing with friends, or doing schoolwork. This group helps kids understand how to cope with these feelings and manage their worries in a way that allows them to thoroughly enjoy being a kid again. This 6-week group will allow children to explore their thoughts and emotions through reading short stories, watching videos, doing art projects, and connecting with other kids.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
ES.A.1.1_Anxiety (K-2nd Grade)	Monday	June 6th - July 18th	10:00-11:00	2750 Old Alabama Rd., Johns Creek	K. Smith
ES.A.1.2_Anxiety (K-2nd Grade)	Monday	June 6th - July 18th	11:30-12:30	1548 Mt. Vernon Rd., Dunwoody	C. de la Rosa
ES.A.1.3_Anxiety (K-2nd Grade)	Monday	June 13th - July 25th	1:00-2:00	11180 Medlock Bridge Rd., Johns Creek	A. Parker
ES.A.1.4_Anxiety (K-2nd Grade)	Tuesday	June 14th - July 26th	10:00-11:00	1575 Indian Trail Rd., Norcross	M. McGarrah
ES.A.2.1_Anxiety (3rd-5th Grade)	Monday	June 6th - July 18th	10:00-11:00	1548 Mt. Vernon Rd., Dunwoody	C. de la Rosa
ES.A.2.2_Anxiety (3rd-5th Grade)	Monday	June 6th - July 18th	1:00-2:00	2750 Old Alabama Rd., Johns Creek	K. Smith
ES.A.2.3_Anxiety (3rd-5th Grade)	Tuesday	June 7th - July 19th	2:00-3:00	2750 Old Alabama Rd., Johns Creek	L. Williams
ES.A.2.4_Anxiety (3rd-5th Grade)	Monday	June 13th - July 25th	11:30-12:30	11180 Medlock Bridge Rd., Johns Creek	A. Parker
ES.A.2.5_Anxiety (3rd-5th Grade)	Tuesday	June 14th - July 26th	10:30-11:30	2750 Old Alabama Rd., Johns Creek	A. Bates

## DBT SKILLS

Dialectical Behavioral Therapy (DBT) Skills is a 6-week group that provides children 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 will cover 4 areas: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness and uses a combination of activities, practice and play.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
ES.D.1_DBT Skills (3rd-5th Grade)	Monday	June 6th - July 18th	11:30-12:30	2750 Old Alabama Rd., Johns Creek	K. Smith
ES.D.2_DBT Skills (3rd-5th Grade)	Monday	June 6th - July 18th	1:00-2:00	1548 Mt. Vernon Rd., Dunwoody	C. de la Rosa
ES.D.3_DBT Skills (3rd-5th Grade)	Monday	June 13th - July 25th	10:00-1:00	11180 Medlock Bridge Rd., Johns Creek	A. Parker

## SOCIAL SKILLS

The COVID-19 pandemic has had the biggest impact on our children, and their ability to organically develop healthy social skills to interact with their peers, navigate friendships and manage conflict. This group helps children learn how to connect with one another, engage in conversation, recognize body language, express emotions, and gives them communication skills to help build healthy relationships with their peers.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
ES.S.1_Social Skills (K-2nd Grade)	Tuesday	June 7th - July 19th	3:30-4:30	2750 Old Alabama Rd., Johns Creek	L. Williams
ES.S.2_Social Skills (K-2nd Grade)	Tuesday	June 14th - July 26th	9:00-10:00	2750 Old Alabama Rd., Johns Creek	A. Bates
ES.S.3_Social Skills (K-2nd Grade)	Tuesday	June 14th - July 26th	12:00-1:00	2750 Old Alabama Rd., Johns Creek	A. Bates



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# Middle School Groups

## ANXIETY

As students deal with the stressors of social situations, academics, feelings of inadequacy and overall life adjustments, sometimes the normal feelings of anxiety bubble into deep fears and worries that negatively impact their ability to function in daily activities. With so much going on in the world, it can feel like a scary and threatening place, causing symptoms such as difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This 6-week group will allow students to understand their thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
MS.A.1_Anxiety (6th-8th Grade)	Monday	June 6th - July 18th	6:00-7:00	2750 Old Alabama Rd., Johns Creek	J. Moore
MS.A.2_Anxiety (6th-8th Grade)	Tuesday	June 7th - July 19th	11:30-12:30	Crabapple Middle School	L. Murphy
MS.A.3_Anxiety (6th-8th Grade)	Friday	June 10th - July 22nd	1:00-2:00	2750 Old Alabama Rd., Johns Creek	J. Forrest
MS.A.4_Anxiety (6th-8th Grade)	Tuesday	June 14th - July 25th	9:00-10:00	2750 Old Alabama Rd., Johns Creek	A. Durham
MS.A.5_Anxiety (6th-8th Grade)	Tuesday	June 14th - July 26th	11:30-12:30	1575 Indian Trail Rd., Norcross	M. McGarrah
MS.A.6_Anxiety (6th-8th Grade)	Wednesday	June 15th - July 27th	3:00-4:00	1548 Mt. Vernon Rd., Dunwoody	K. Phillips

## DBT SKILLS

Dialectical Behavioral Therapy (DBT) Skills is a 6-week group that provides children 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 will cover 4 areas: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness and uses a combination of activities, practice and play.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
MS.D.1_DBT Skills (6th-8th Grade)	Monday	June 6th - July 18th	4:30-5:30	2750 Old Alabama Rd., Johns Creek	J. Moore
MS.D.2_DBT Skills (6th-8th Grade)	Tuesday	June 7th - July 19th	1:00-2:00	Crabapple Middle School	L. Murphy
MS.D.3_DBT Skills (6th-8th Grade)	Friday	June 10th - July 22nd	10:00-11:00	2750 Old Alabama Rd., Johns Creek	J. Forrest
MS.D.4_DBT Skills (6th-8th Grade)	Tuesday	June 14th - July 26th	10:30-11:30	2750 Old Alabama Rd., Johns Creek	A. Durham

## SOCIAL SKILLS

The COVID-19 pandemic has had the biggest impact on our children, and their ability to organically develop healthy social skills to interact with their peers, navigate friendship, and manage conflict. This group helps children learn how to connect with one another, engage in conversation, recognize body language, express emotions, and gives them communication skills to help build healthy relationships with their peers.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
MS.S.1_Social Skills (6th-8th Grade)	Monday	June 6th - July 18th	3:00-4:00	2750 Old Alabama Rd., Johns Creek	J. Moore
MS.S.2_Social Skills (6th-8th Grade)	Tuesday	June 7th - July 19th	10:00-11:00	Crabapple Middle School	L. Murphy
MS.S.3_Social Skills (6th-8th Grade)	Friday	June 10th - July 22nd	11:30-12:30	2750 Old Alabama Rd., Johns Creek	J. Forrest
MS.S.4_Social Skills (6th-8th Grade)	Tuesday	June 14th - July 26th	12:00-1:00	2750 Old Alabama Rd., Johns Creek	A. Durham



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# High School Groups

## ANXIETY

As students deal with the stressors of social situations, academics, feelings of inadequacy and overall life adjustments, sometimes the normal feelings of anxiety bubble into deep fears and worries that negatively impact their ability to function in daily activities. With so much going on in the world, it can feel like a scary and threatening place, causing symptoms such as difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This 6-week group will allow students to understand their thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
HSA.1_Anxiety (9th-12th Grade)	Monday	June 6th - July 18th	10:00-11:00	2750 Old Alabama Rd., Johns Creek	E. Harrison
HSA.2_Anxiety (9th-12th Grade)	Tuesday	June 7th - July 19th	10:00-11:00	11180 Medlock Bridge Rd., Johns Creek	M. Chiarella
HSA.3_Anxiety (9th-12th Grade)	Tuesday	June 7th - July 19th	1:00-2:00	11180 Medlock Bridge Rd., Johns Creek	M. Chiarella
HSA.4_Anxiety (9th-12th Grade)	Tuesday	June 7th - July 19th	3:30-4:30	2750 Old Alabama Rd., Johns Creek	S. Prescott-Clark
HSA.5_Anxiety (9th-12th Grade)	Wednesday	June 8th - July 20th	1:30-2:30	2750 Old Alabama Rd., Johns Creek	M. Barfield
HSA.6_Anxiety (9th-12th Grade)	Wednesday	June 8th - July 20th	3:00-4:00	11180 Medlock Bridge Rd., Johns Creek	T. Kim
HSA.7_Anxiety (9th-12th Grade)	Thursday	June 9th - July 21st	1:00-2:00	2750 Old Alabama Rd., Johns Creek	B. Little
HSA.8_Anxiety (9th-12th Grade)	Monday	June 13th-July 25th	4:30-5:30	2750 Old Alabama Rd., Johns Creek	T. Anderson
HSA.9_Anxiety (9th-12th Grade)	Tuesday	June 14th - July 26th	1:00-2:00	1575 Indian Trail Rd., Norcross	M. McGarrah
HSA.10_Anxiety (9th-12th Grade)	Wednesday	June 15th - July 27th	12:00-1:00	1548 Mt. Vernon Rd., Dunwoody	K. Phillips

## BUILDING CONFIDENCE

Self-esteem is a key ingredient for empowerment, feeling pride in one's decisions and opinions, forgiveness of self, and feelings of hopefulness. This 6-week group will help teens define confidence, identify positive affirmations, learn assertive communication and utilize mindfulness to help build confidence.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
HS.B.1_Building Confidence (9th-12th Grade)	Tuesday	June 7th - July 19th	11:30-12:30	11180 Medlock Bridge Rd., Johns Creek	M. Chiarella
HS.B.2_Building Confidence (9th-12th Grade)	Tuesday	June 7th - July 19th	2:00-3:00	2750 Old Alabama Rd., Johns Creek	S. Prescott-Clark

## GRIEF

Grief is complicated. While it often refers to the loss of a loved one, an individual may also grieve the loss of a social group, the loss of an old way of life, or even the loss of a future opportunity. Dealing with these losses is hard, and there is no right way to grieve. This 6-week group offers individuals an opportunity to connect with others who have also experienced loss and learn how to cope better with some of the pain they may be experiencing.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
HS.G.1_Grief (9th-12th Grade)	Monday	June 6th - July 18th	1:00-2:00	2750 Old Alabama Rd., Johns Creek	E. Harrison
HS.G.2_Grief (9th-12th Grade)	Thursday	June 9th - July 21st	4:00-5:00	2750 Old Alabama Rd., Johns Creek	B. Little
HS.G.3_Grief (9th-12th Grade)	Monday	June 13th-July 25th	6:00-7:00	2750 Old Alabama Rd., Johns Creek	T. Anderson



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# High School Groups (continued)

## PREPARING FOR COLLEGE

Preparing for college is probably one of the most significant life transitions that teens will experience. Students at this life phase may be feeling all sorts of emotions including apprehension, excitement and grief. This 6-week group will help students process some of these emotions, while providing concrete skills on how to transition into a semi-independent environment.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
HS.P.1_Preparing for College (11th-12th Grade)	Wednesday	June 8th - July 20th	12:00-1:00	2750 Old Alabama Rd., Johns Creek	M. Barfield
HS.P.2_Preparing for College (11th-12th Grade)	Wednesday	June 8th - July 20th	1:30-2:30	11180 Medlock Bridge Rd., Johns Creek	T. Kim

## 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 as individuals, explore who they want to be, and develop social connections that may last for many years. Developing new relationships, both dating and friends, presents unique challenges. This 6-week group will address the challenges of developing relationships and help teens build healthy interpersonal skills and boundaries.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
HS.R.1_Relationship Building (9th-12th Grade)	Monday	June 6th - July 18th	11:30-12:30	2750 Old Alabama Rd., Johns Creek	E. Harrison
HS.R.2_Relationship Building (9th-12th Grade)	Wednesday	June 8th - July 20th	12:00-1:00	11180 Medlock Bridge Rd., Johns Creek	T. Kim
HS.R.3_Relationship Building (9th-12th Grade)	Wednesday	June 8th - July 20th	3:00-4:00	2750 Old Alabama Rd., Johns Creek	M. Barfield
HS.R.4_Relationship Building (9th-12th Grade)	Thursday	June 9th - July 21st	2:30-3:30	2750 Old Alabama Rd., Johns Creek	B. Little
HS.R.5_Relationship Building (9th-12th Grade)	Monday	June 13th - July 25th	3:00-4:00	2750 Old Alabama Rd., Johns Creek	T. Anderson
HS.R.6_Relationship Building (9th-12th Grade)	Wednesday	June 15th - July 27th	1:30-2:30	1548 Mt. Vernon Rd., Dunwoody	K. Phillips



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