



Spring Groups @ The Summit

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

10-Week Elementary School Anxiety Monsters

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.

AGE GROUP	DAY	DATE	TIME	LOCATION	COST
3rd - 5th Grade	Thursday	January 26th - March 30th, 2023	3:30 - 4:20 PM	2750 Old Alabama Rd., Johns Creek	\$500*

**Client Assistance subsidies are available based on household income.*

10-Week Elementary School Social Skills

Students will learn how to interact appropriately with others their age. They will learn and practice conversational, friendship, and problem-solving skills.

AGE GROUP	DAY	DATE	TIME	LOCATION	COST
3rd - 5th Grade	Thursday	January 26th - March 30th, 2023	4:30 - 5:20 PM	2750 Old Alabama Rd., Johns Creek	\$500*

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2750 Old Alabama Rd.
Johns Creek, GA 30022
summitcounseling.org
(678) 893-5300

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10-Week Middle School Social Skills

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.

AGE GROUP	DAY	DATE	TIME	LOCATION	COST
6th - 8th Grade	Thursday	January 26th - March 30th, 2023	5:45 - 6:45 PM	2750 Old Alabama Rd., Johns Creek	\$500*

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10-Week High School Anxiety

This group is for students who are experiencing anxiety or an increased level of stress. Topics will include: challenging negative thoughts, mindfulness, managing school stress and creating a “toolbox” of skills to manage these feelings.

AGE GROUP	DAY	DATE	TIME	LOCATION	COST
9th - 12th Grade	Thursday	January 26th - March 30th, 2023	7:00 - 8:00 PM	2750 Old Alabama Rd., Johns Creek	\$500*

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