



# Summer @ The Summit

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

The Summit is offering individual, family, and group services to our school-based partners throughout the Summer.



## Individual & Family Sessions

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

## 6-Week Groups

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)

## 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.



SummitCounseling.org  
678-893-5300

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Elementary School Groups

ANXIETY

Worry is a normal feeling that we all experience. But sometimes that worry can turn into anxiety, which some kids feel in their thoughts or their bodies (like sweatiness, stomachache, or rapid breathing) and make 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 group will allow your child 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
ESA.1.1 Anxiety (K-2nd Grade)	Monday	June 5th - July 17th	10:00-11:00	Johns Creek Office - Old Alabama Rd.	K. Smith
ESA.1.2 Anxiety (K-2nd Grade)	Monday	June 5th - July 17th	1:00-200	Johns Creek Office - Medlock Bridge Rd.	A. Parker
ESA.1.3 Anxiety (K-2nd Grade)	Tuesday	June 6th - July 18th	10:00-11:00	Alpharetta Office - North Main St.	T. Anthony
ESA.2.1 Anxiety (3rd-5th Grade)	Monday	June 5th - July 17th	10:00-11:00	Johns Creek Office - Medlock Bridge Rd.	A. Parker
ESA.2.2 Anxiety (3rd-5th Grade)	Tuesday	June 6th - July 18th	1:30-2:30	Johns Creek Office - Old Alabama Rd.	S. Shelley
ESA.2.3 Anxiety (3rd-5th Grade)	Tuesday	June 6th - July 18th	12:00-1:00	Alpharetta Office - North Main St.	T. Anthony
ESA.2.4 Anxiety (3rd-5th Grade)	Wednesday	June 7th - July 19th	12:00-1:00	Johns Creek Office - Old Alabama Rd.	L. Fludd
ESA.2.5 Anxiety (3rd-5th Grade)	Friday	June 9th - July 21st	1:00-2:00	Alpharetta Office - North Main St.	K. Chadwick

DBT 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 split into 4 modules: 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 5th - July 17th	11:30-12:30	Johns Creek Office - Medlock Bridge Rd.	A. Parker
ES.D.2 DBT Skills (3rd-5th Grade)	Tuesday	June 6th - July 18th	12:00-1:00	Johns Creek Office - Old Alabama Rd.	S. Shelley
ES.D.3 DBT Skills (3rd-5th Grade)	Tuesday	June 6th - July 18th	1:30-2:30	Alpharetta Office - North Main St.	T. Anthony
ES.D.4 DBT Skills (3rd-5th Grade)	Wednesday	June 7th - July 19th	1:30-2:30	Johns Creek Office - Old Alabama Rd.	L. Fludd
ES.D.5 DBT Skills (3rd-5th Grade)	Friday	June 9th - July 21st	11:30-12:30	Alpharetta Office - North Main St.	K. Chadwick

SOCIAL SKILLS

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
ESS.1.1 Social Skills (K-2nd Grade)	Monday	June 5th - July 17th	11:30-12:30	Johns Creek Office - Old Alabama Rd.	K. Smith
ESS.1.2 Social Skills (K-2nd Grade)	Tuesday	June 6th - July 18th	3:00-4:00	Johns Creek Office - Old Alabama Rd.	S. Shelley
ESS.1.3 Social Skills (K-2nd Grade)	Wednesday	June 7th - July 19th	10:30-11:30	Johns Creek Office - Old Alabama Rd.	L. Fludd
ESS.2.1 Social Skills (3rd-5th Grade)	Friday	June 9th - July 21st	10:00-11:00	Alpharetta Office - North Main St.	K. Chadwick

Middle School Groups

ANXIETY

As teens 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 group will allow your teen 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 5th - July 17th	10:00-11:00	Johns Creek Office - Old Alabama Rd.	N. McClendon
MS.A.2 Anxiety (6th-8th Grade)	Tuesday	June 6th - July 18th	10:00-11:00	Johns Creek Office - Old Alabama Rd.	S. Mixson
MS.A.3 Anxiety (6th-8th Grade)	Thursday	June 8th - July 20th	12:30-1:30	Johns Creek Office - Old Alabama Rd.	J. Forrest
MS.A.4 Anxiety (6th-8th Grade)	Thursday	June 15th - July 27th	2:30-3:30	Johns Creek Office - Medlock Bridge Rd.	C. Smith

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 group will help your teen define confidence, identify positive affirmations, learn assertive communication and utilize mindfulness to help build confidence.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
MS.B.1 Building Confidence (6th-8th Grade)	Friday	June 9th - July 21st	11:30-12:30	Johns Creek Office - Medlock Bridge Rd.	T. Kim
MS.B.2 Building Confidence (6th-8th Grade)	Thursday	June 15th - July 27th	1:00-2:00	Johns Creek Office - Medlock Bridge Rd.	C. Smith
MS.B.3 Building Confidence (6th-8th Grade)	Thursday	June 8th - July 20th	3:30-4:30	Johns Creek Office - Old Alabama Rd.	J. Forrest

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 split into 4 modules: 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 5th - July 17th	1:00-2:00	Johns Creek Office - Old Alabama Rd.	K. Smith
MS.D.2 DBT Skills (6th-8th Grade)	Tuesday	June 6th - July 18th	1:30-2:30	Johns Creek Office - Old Alabama Rd.	S. Mixson
MS.D.3 DBT Skills (6th-8th Grade)	Thursday	June 8th - July 20th	1:00-2:00	Dunwoody Office - Mt. Vernon Rd.	S. Prescott-Clark

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, presents unique challenges. This group will address the challenges of developing relationships and help teens build healthy interpersonal skills and boundaries.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
MS.R.1 Relationship Building (6th-8th Grade)	Monday	June 5th - July 17th	11:30-12:30	2750 Old Alabama Rd., Johns Creek	N. McClendon
MS.R.2 Relationship Building (6th-8th Grade)	Tuesday	June 6th - July 18th	12:00-1:00	Johns Creek Office - Old Alabama Rd.	S. Mixson

SOCIAL SKILLS

This group helps teens 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 5th - July 17th	1:00-2:00	Johns Creek Office - Old Alabama Rd.	N. McClendon
MS.S.2 Social Skills (6th-8th Grade)	Thursday	June 8th - July 20th	2:00-3:00	Johns Creek Office - Old Alabama Rd.	J. Forrest

High School Groups

AAPI CULTURE & MENTAL WELL-BEING

Asian Americans have been reported to be the racial group with the lowest in utilizing mental health services despite being equally or sometimes more prone to mental illness and psychological distress compared to the general population. It can be a common struggle amongst members in the Asian American community to understand and address the unique mental health needs that many may experience. In this group, we will be exploring the Asian American experience in mental health, addressing mental health barriers, and identifying ways to remove obstacles to Asian American mental well-being.

GROUP	DAY	DATE	TIME	LOCATION	THERAPIST
H.S.AA.1 Culture & Mental Well-being (9th-12th Grade)	Friday	June 9th - July 21st	1:00-2:00	Johns Creek Office - Medlock Bridge Rd.	T. Kim

ANXIETY

As teens 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 group will allow your teen 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
HS.A.1 Anxiety (9th-12th Grade)	Tuesday	June 6th - July 18th	10:00-11:00	Johns Creek Office - Medlock Bridge Rd.	M. Redetzky
HS.A.2 Anxiety (9th-12th Grade)	Thursday	June 8th - July 20th	2:30-3:30	Dunwoody Office - Mt. Vernon Rd.	S. Prescott-Clark
HS.A.3 Anxiety (9th-12th Grade)	Thursday	June 8th - July 20th	4:00-5:00	Alpharetta Office - North Main St.	T. Anderson
HS.A.4 Anxiety (9th-12th Grade)	Thursday	June 15th - July 27th	4:30-5:30	Johns Creek Office - Medlock Bridge Rd.	C. Smith
HS.A.5 Anxiety (9th-12th Grade)	Friday	June 9th - July 21st	10:00-11:00	Johns Creek Office - Old Alabama Rd.	B. Little

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 group will help your teen 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)	Monday	June 5th - July 17th	1:30-2:30	Alpharetta Office - North Main St.	E. Harrison
HS.B.2 Building Confidence (9th-12th Grade)	Tuesday	June 6th - July 18th	12:00-1:00	Johns Creek Office - Medlock Bridge Rd.	M. Redetzky
HS.B.3 Building Confidence (9th-12th Grade)	Wednesday	June7th - July 19th	2:30-3:30	Alpharetta Office - North Main St.	A. Durham
HS.B.4 Building Confidence (9th-12th Grade)	Thursday	June 8th - July 20th	1:00-2:00	Alpharetta Office - North Main St.	T. Anderson
HS.B.5 Building Confidence (9th-12th Grade)	Friday	June 9th - July 21st	11:30-12:30	Johns Creek Office - Old Alabama Rd.	B. Little

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 group offers teens 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 5th - July 17th	3:30-4:30	Alpharetta Office - North Main St.	E. Harrison

PREPARING FOR COLLEGE

Preparing for college is probably one of the most significant life transitions that your teen has experienced. Students at this life phase may be feeling all sorts of emotions including apprehension, excitement and grief. This group will help your student 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.G.1 Preparing for College (11th-12th Grade)	Monday	June 5th - July 17th	12:00-1:00	Alpharetta Office - North Main St.	E. Harrison
HS.G.2 Preparing for College (11th-12th Grade)	Tuesday	June 6th - July 18th	1:30-2:30	Johns Creek Office - Medlock Bridge Rd.	M. Redetzky
HS.G.3 Preparing for College (11th-12th Grade)	Wednesday	June7th - July 19th	12:00-1:00	Alpharetta Office - North Main St.	A. Durham
HS.G.4 Preparing for College (11th-12th Grade)	Thursday	June 8th - July 20th	4:00-5:00	Dunwoody Office - Mt. Vernon Rd.	S. Prescott-Clark
HS.G.5 Preparing for College (11th-12th Grade)	Friday	June 9th - July 21st	10:00-11:00	Johns Creek Office - Medlock Bridge Rd.	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 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)	Wednesday	June 7th - July 19th	4:00-5:00	Alpharetta Office - North Main St.	A. Durham
HS.R.2 Relationship Building (9th-12th Grade)	Thursday	June 8th - July 20th	2:30-3:30	Alpharetta Office - North Main St.	T. Anderson
HS.R.3 Relationship Building (9th-12th Grade)	Friday	June 9th - July 21st	1:00-2:00	Johns Creek Office - Old Alabama Rd.	B. Little

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# The Summit Counseling 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

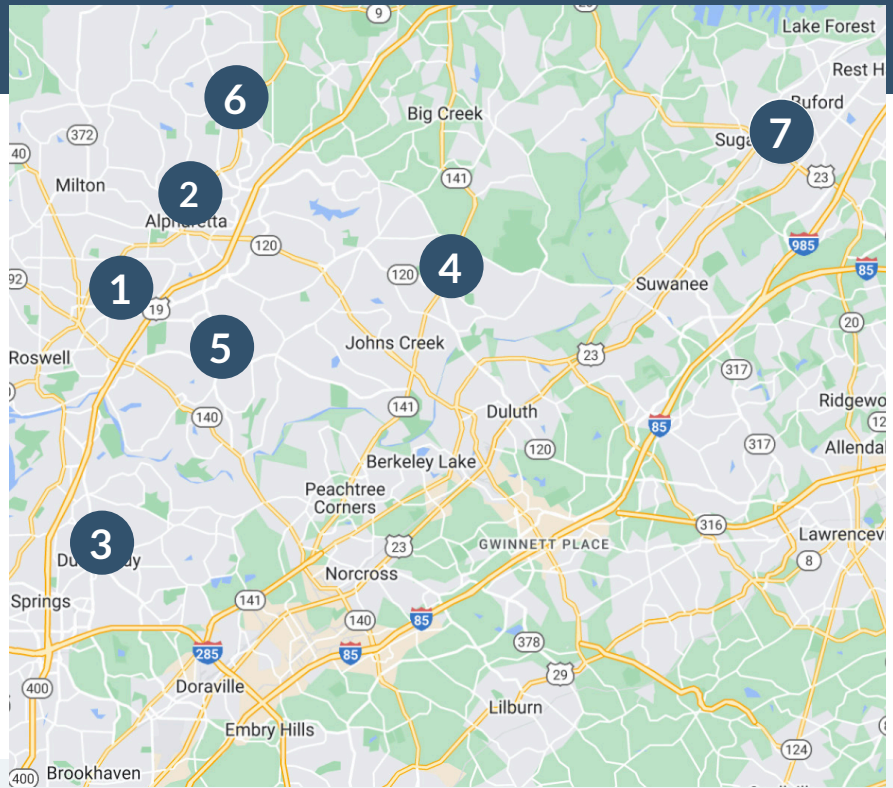
**3. Dunwoody Office**  
1548 Mt Vernon Rd  
Dunwoody, GA 30338

**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



## Summit OnSite Locations

**Abbotts Hill Elementary School**  
5575 Abbotts Bridge Rd  
Johns Creek, GA 30097

**Alpharetta Elementary School**  
192 Mayfield Rd  
Alpharetta, GA 30009

**Alpharetta High School**  
3595 Webb Bridge Rd  
Alpharetta, GA 30005

**Autrey Mill Middle School**  
4110 Old Alabama Rd  
Johns Creek, GA 30005

**Barnwell Elementary School**  
9425 Barnwell Rd  
Johns Creek, GA 30022

**Birmingham Falls Elementary School**  
14865 Birmingham Hwy  
Milton, GA 30004

**Cambridge High School**  
2845 Bethany Bend  
Milton, GA 30004

**Chattahoochee High School**  
5230 Taylor Rd  
Johns Creek, GA 30022

**Crabapple Crossing Elementary School**  
12775 Birmingham Hwy  
Milton, GA 30004

**Crabapple Middle School**  
10700 Crabapple Rd  
Roswell, GA 30075

**Creek View Elementary School**  
3995 Webb Bridge Rd  
Alpharetta, GA 30005

**Dolvin Elementary School**  
10495 Jones Bridge Rd  
Johns Creek, GA 30022

**Dunwoody High School**  
5035 Vermack Rd  
Dunwoody, GA 30338

**Esther Jackson Elementary School**  
1400 Martin Rd  
Roswell, GA 30076

**Findley Oaks Elementary School**  
5880 Findley Chase Dr  
Johns Creek, GA 30097

**Greater Atlanta Christian School**  
1575 Indian Trail Lilburn Rd NW  
Norcross, GA 30093

**Hopewell Middle School**  
13060 Cogburn Rd  
Alpharetta, GA 30004

**Innovation Academy**  
125 Milton Ave  
Alpharetta, GA 30009

**Johns Creek High School**  
5575 State Bridge Rd  
Johns Creek, GA 30022

**Lake Windward Elementary School**  
11770 E. Fox Ct  
Alpharetta, GA 30005

**Milton High School**  
13025 Birmingham Hwy  
Milton, GA 30004

**Mountain Park Elementary School**  
11895 Mountain Park Rd  
Roswell, GA 30075

**Northview High School**  
10625 Parsons Rd  
Johns Creek, GA 30097

**Northwestern Middle School**  
12805 Birmingham Hwy  
Milton, GA 30004

**Ocee Elementary School**  
4375 Kimball Bridge Rd  
Johns Creek, GA 30022

**Peachtree Middle School**  
4664 N Peachtree Rd  
Atlanta, GA 30338

**River Trail Middle School**  
10795 Rogers Circle  
Johns Creek, GA 30097

**Summit Hill Elementary School**  
13855 Providence Rd  
Alpharetta, GA 30004

**Sweet Apple Elementary School**  
12025 Etris Rd  
Roswell, GA 30075

**Taylor Road Middle School**  
5150 Taylor Rd  
Johns Creek, GA 30022

**Webb Bridge Middle School**  
4455 Webb Bridge Rd  
Alpharetta, GA 30005



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