



# Fall 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 Social Skills Group for Middle School Students

*This group is for students who are looking to increase their social skills as well as learn to manage anxiety and stress associated with school. 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	September 21st - December 7th (Skips Oct. 12th and Nov. 23rd)	5:00 - 6:00 PM	2750 Old Alabama Rd., Johns Creek	\$500*

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

## 10-Week Anxiety Therapy Group for High School Students

*This group is for students who are experiencing anxiety or an increased level of stress. Students will learn how to challenge negative thoughts, increase mindfulness, manage school stress, and create a “toolbox” of skills to manage difficult feelings.*

AGE GROUP	DAY	DATE	TIME	LOCATION	COST
9th - 12th Grade	Thursday	September 21st - December 7th (Skips Oct. 12th and Nov. 23rd)	6:15 - 7:15 PM	2750 Old Alabama Rd., Johns Creek	\$500*

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



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

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