The SUMMIT COUNSELING CENTER

2026 Summer Groups

Summer at The Summit

Building Skills That Last Beyond Summer

Summit's Summer Groups helps children and teens develop practical tools for managing emotions, improving communication, and gaining confidence.

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

Groups Sessions $250

(In partnership with Fulton County we are able to offer financial assistance to those in need.)

Summer groups are an opportunity to work on social and emotional skills, while also building connectedness, communication in a group setting. Groups meet daily for 1 hour. Registration closes on May 18th for June Groups and June 22nd for July Groups.

Elementary School (K-2)
- Anxiety
- Emotional Regulation
- Executive Functioning
- Learning about Emotion
- Social Skills

Elementary School (3-5)
- Anxiety
- Executive Functioning
- Girls Power-Building Self-Esteem and Friendship
- Social Skills

Middle School
- Anxiety
- Emotional Regulation
- Executive Functioning
- Leadership Skills
- Self-Esteem and Building Confidence
- Social Skills and Relationship Building

High School
- Anxiety
- Depression
- Emotional Regulation
- Executive Functioning
- Future Planning
- Leadership Skills
- Relationship Building

Students will be assigned to groups for the grade they will be attending in school year 2026/27

Visit our website to learn more and register

Psychological Testing & Assessments

The Summit provides comprehensive psycho-educational evaluations for children, adolescents, and young adults. 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.

Elementary School (K-2)

Groups designed to support children in Kindergarten through 2nd grade in a fun, safe, and supportive setting to navigate mental health challenges.

Anxiety

Through stories, movement, and activities, children learn to identify worries, notice body signals, and practice calming strategies, positive self-talk, and asking for help. The group builds confidence, emotional awareness, and coping skills to help children feel safer, braver, and more comfortable in anxious situations.

Emotional Regulation

Through play, stories, and hands-on activities, children build emotional awareness and practice simple calm-down strategies such as deep breathing, body breaks, and asking for help. The group helps strengthen self-regulation, coping skills, and confidence to better manage strong feelings.

Executive Functioning

Through play-based activities, games, and routines, children practice skills such as following directions, paying attention, remembering information, managing impulses, and completing tasks. The group supports the development of organization, flexibility, and self-control to help children succeed in the classroom and everyday activities.

Learning about Emotions

Children explore different feelings, learn to name and understand emotions, and recognize how feelings show up in their bodies and behaviors through play and activities. The group builds emotional awareness, empathy, and communication skills to help children better understand themselves and others at school and in everyday life.

Social Skills

The group focuses on building empathy and prosocial behavior while supporting confidence, cooperation, and emotional awareness to help children develop friendships and navigate social situations at school and beyond. Children practice sharing, listening, using kind words, and managing conflicts through play, stories, and role-playing.

Elementary School (3-5)

Groups designed to support children in 3rd through 5th grade in a fun, safe, and supportive setting to navigate mental health challenges.

Anxiety

This group supports how to understand and manage anxiety in a supportive, interactive setting. Children learn to identify the worries that show up in their thoughts and bodies, understand how anxiety impacts them, and practice strategies to calm and cope with worries. The group builds confidence and practical skills to help children feel more in control of worries in multiple areas.

Executive Functioning

This group supports strengthening key age-appropriate skills such as planning, organization, time management, better attention, and self-control. Children learn strategies to stay focused, follow multi-step directions, manage tasks, and solve problems effectively.

Girl Power-Building Self-Esteem and Friendships (4th & 5th grade only)

This group focused on helping girls to build confidence, celebrate their strengths, and develop positive friendships in a supportive, fun environment. Participants explore self-esteem, communication skills, empathy, and healthy ways to connect with peers. The group helps girls feel more confident, resilient, and capable of creating meaningful, positive relationships at school and beyond.

Social Skills

This group helps build positive social skills and develop healthy relationships in a supportive, interactive setting. Children will practice communication, cooperation, empathy, conflict resolution, and problem-solving. The group strengthens confidence and helps children navigate friendships and social situations at school and in daily life.

Middle School

Groups designed to support children in middle school in a fun, safe, and supportive setting about mental health.

Anxiety

This group helps middle school students understand and manage anxiety through discussion, activities, and skill-building exercises. Participants learn to identify anxious thoughts and body signals, explore triggers, and practice simple and advanced coping strategies. The group builds emotional awareness and resilience to help students feel more in control of worries at school, at home, and with peers.

Emotional Regulation

This group helps middle school students understand, identify, and manage their emotions through discussion, activities, and hands-on exercises. Participants learn strategies for recognizing feelings, calming strong emotions, coping with stress, and responding to challenges in healthy ways. The group builds emotional awareness, self-control, and resilience, helping students navigate school, peer relationships, and daily life.

Executive Functioning

This group helps middle school students strengthen important executive functioning skills, including organization, time management, planning, task completion, and self-monitoring. Participants learn strategies to stay focused, prioritize responsibilities, and follow through on tasks. The group builds independence, problem-solving skills, and confidence, supporting success in school, home, and everyday life.

Leadership Skills

This group helps middle school students develop leadership skills and build confidence in guiding and supporting others. Through discussion and team-building activities, participants practice communication, decision-making, problem-solving, and responsibility. The group fosters self-confidence and effective teamwork, helping students become positive leaders in school, peer groups, and their communities.

Self-Esteem and Building Confidence

This group helps middle school students develop a positive sense of self and build confidence through discussion, activities, and skill-building exercises. Participants explore their strengths, practice self-advocacy, and learn strategies to manage self-doubt and negative self-talk. The group fosters resilience, self-awareness, and empowerment, helping students feel more confident in school, friendships, and everyday challenges.

Social Skills and Relationship Building

This group helps middle school students develop positive social skills and build healthy relationships. Through discussion, role-playing, games, and collaborative activities, participants practice communication, empathy, conflict resolution, teamwork, and problem-solving. The group fosters social confidence, emotional awareness, and the ability to navigate friendships and peer interactions successfully at school and beyond.

High School

Groups designed to support children in high school in a fun, safe, and supportive setting about mental health.

Anxiety

This group helps high school students understand and manage anxiety through discussion, activities, and practical exercises. Participants learn to identify anxious thoughts and physical cues, explore triggers, and practice simple and advanced coping strategies. The group builds emotional awareness, resilience, and confidence, helping students feel more in control of worries at school, at home, and in social situations.

Depression

This group provides high school students with a safe, supportive space to understand and cope with feelings of sadness, low motivation, or hopelessness. Participants learn strategies to identify emotions, challenge negative thoughts, develop healthy coping skills, and build social support. The group fosters emotional awareness, resilience, and self-care, helping students feel more understood, supported, and empowered in school, at home, and in their relationships.

Emotional Regulation

This group helps high school students understand and manage their emotions in a supportive, interactive setting. Participants learn strategies to identify feelings, cope with stress, regulate intense emotions, and respond to challenges in healthy ways. The group builds self-awareness, resilience, and emotional control, helping students navigate school, relationships, and daily life with greater confidence and balance.

Executive Functioning

This group helps high school students strengthen key executive functioning skills such as organization, time management, planning, and task initiation. Participants learn strategies to stay focused, manage assignments, prioritize tasks, and follow through to completion. The group builds independence, problem-solving skills, and confidence, helping students succeed academically, socially, and in daily life.

Future Planning

This group helps high school students develop the skills and mindset needed to plan for life after graduation. Through discussion and activities, participants explore career and education options, time management, decision-making, and self-advocacy skills. The group builds confidence and problem-solving abilities, helping students feel prepared to navigate next steps in school, work, and personal life.

Leadership Skills

This group helps high school students develop leadership skills and strengthen their ability to guide, inspire, and collaborate with others. Participants practice communication, decision-making, teamwork, and accountability. The group fosters confidence, initiative, and effective leadership, helping students take active, positive roles in school, peer groups, and their broader communities.

Relationship Building

This group helps high school students strengthen healthy relationships and improve social connection through discussion, interactive activities, and role-playing. Participants practice communication, empathy, conflict resolution, and boundary-setting skills. The group fosters social confidence, and problem-solving abilities to help students build meaningful friendships and navigate peer, family, and community relationships.

June 1-5

	Main	Dunwoody	Sugar Hill
Elementary School (3-5)			
Managing Anxiety	9:00am		
Executive Functioning	10:30am		
Middle School			
Managing Anxiety	3:00pm	10:00am	
Social Skills and Relationship Building	1:30pm	11:30am	

June 8-12

	Main	Dunwoody	Sugar Hill
Elementary School (K-2)			
Managing Anxiety	2:30pm		
Executive Functioning	1:00pm		
Learning about Emotions		9:30am	
Social Skills Building		11:00am	
Middle School			
Executive Functioning	10:30am		
Emotional Regulation	9:00am		9:00am
High School			
Relationship Building		1:00pm	
Future Planning		2:30pm	
Emotional Regulation			10:30am

June 22-26

	Main	Dunwoody	Sugar Hill
Middle School			
Managing Anxiety	11:00am		
Executive Functioning	9:30am		
High School			
Managing Anxiety	1:30pm		
Executive Functioning	3:00pm		

Visit our website to learn more and register

July 6-10

	Main	Dunwoody	Sugar Hill
Elementary School (K-2)			
Emotional Regulation	9:00am		
Social Skills Building	10:30am		
Middle School			
Emotional Regulation		11:30am	
Self-Esteem and Building Confidence		10:00am	
High School			
Managing Anxiety	2:30pm		
Relationship Building	1:00pm		

July 13-17

	Main	Dunwoody	Sugar Hill
Elementary School (3-5)			
Managing Anxiety	11:30am		
Executive Functioning	10:00am	2:30pm	
Social Skills Building		1:00pm	
Middle School			
Leadership Skills			9:00am
High School			
Managing Anxiety		10:00am	
Executive Functioning	2:30pm		
Relationship Building		11:30am	
Leadership Skills			10:30am
Emotional Regulation	1:00pm		

July 20-24

	Main	Dunwoody	Sugar Hill
Elementary School (K-2)			
Emotional Regulation		10:00am	
Social Skills Building		11:30am	
Elementary School (3-5)			
Executive Functioning	9:00am		
Girl Power: Building Self Esteem and Friendships	10:30am		
Middle School			
Managing Anxiety	12:00pm		
Social Skills and Relationship Building	1:30pm		
High School			
Depression		1:00pm	
Relationship Building		2:30pm	

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 43 locations. Whatever your background, you will find us respectful, open and encouraging.

The Summit Locations

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

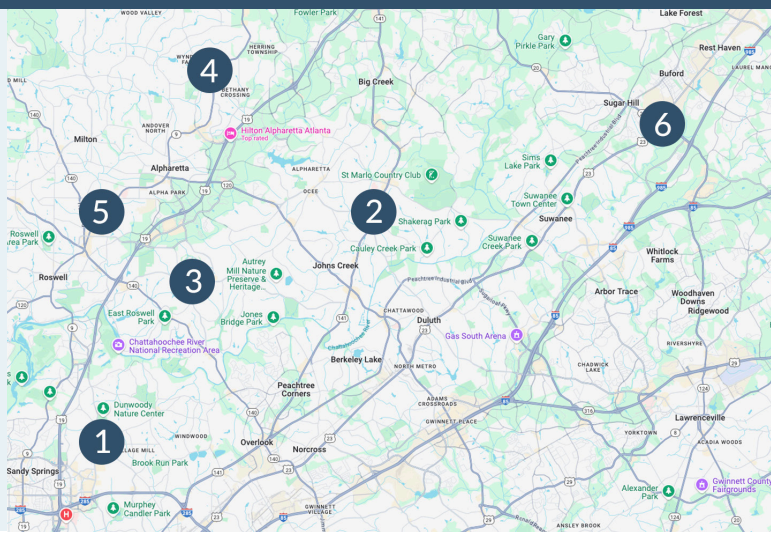
2. **Johns Creek Office**
   11180 Medlock Bridge Rd,
   Johns Creek, GA 30097

3. **Johns Creek Office (Main)**
   2750 Old Alabama Rd,
   Johns Creek, GA 30022

4. **Milton Office**
   13680 Hwy 9 North,
   Bldg G, Ste 500,
   Milton, GA 30004

5. **North Fulton Community Charities**
   11275 Elkins Rd,
   Roswell, GA 30076

6. **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

Buford Elementary School (Kindergarten)
2500 Sawnee Ave.
Buford, GA 30518

Buford Academy (1st - 2nd)
2705 Robert Bell Parkway
Buford, GA 30518

Buford Senior Academy (3rd - 5th)
2700 Robert Bell Parkway
Buford, GA 30518

Buford Middle School (6th-8th)
2750 Sawnee Ave.
Buford, GA 30518

Buford High School (9th-12th)
2455 Buford Highway
Buford, GA 30518

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
10900 Woodstock 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

LEAP Program
1201 Alpharetta St
Roswell, GA 30075

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 Cir
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

Visit our website to learn more and register