FREE SUMMER GROUPS
FOR CHILDREN, TEENS, PARENTS AND CAREGIVERS

BEHAVIORAL HEALTH NETWORK

CHRIS180
Changing Directions.
Changing Lives.

Would your child or teen benefit from additional support this summer? Enjoy connecting with other students to learn fun new skills? Benefit from talking with peers about stressors and learn some additional coping skills?

JOIN US!

NOTE: Participants can participate as frequently as they choose. They are not required to participate in each session. Groups are geared toward skill-building and social connection! All groups are virtual.

Building Self Esteem in Middle School
Wednesday, 6/7 & 7/28 @ 2:00PM – 3:00PM

Ultimate Meditation and Relaxation
3rd - 5th Graders
Wednesday, 6/14 & 7/5 @ 2:00PM – 3:00PM

Building Social Skills in Elementary
Wednesday, 6/21 & 7/12 @ 2:00PM – 3:00PM

Conflict Management
1st - 5th Graders
Thursday, 6/8 & 6/15 @ 11:00AM – 12:00PM

9th - 12th Graders
Thursday, 6/8 & 6/15 @ 2:00PM – 3:00PM

Stress Management (Coping with Stress)
1st - 5th Graders
Tuesday, 6/20 @ 10:30AM – 11:30AM

Thursday, 6/29 @ 11:00AM – 12:00PM

9th - 12th Graders
Tuesday, 6/20 @ 12:00PM – 1:00PM

Thursday, 6/29 @ 2:00PM – 3:00PM

Coping with Grief and Loss
1st - 5th Graders
Thursday, 7/6 & 7/13 @ 11:00AM – 12:00PM

9th - 12th Graders
Thursday, 7/6 & 7/13 @ 2:00PM – 3:00PM

Regulating Emotions (Reactive Emotions)
1st - 5th Graders
Thursday, 7/20 & 7/27 @ 11:00AM – 12:00PM

9th - 12th Graders
Thursday, 7/20 & 7/27 @ 2:00PM – 3:00PM

Anger Management and Mindfulness
1st - 4th Graders
Tuesdays, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25 @ 4:00PM – 5:00PM

5th - 8th Graders
Tuesdays, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25 @ 3:00PM – 4:00PM

9th - 12th Graders
Tuesdays, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25 @ 2:00PM – 3:00PM

Scan QR Codes to join a group or click box if viewing online.

Questions? Email schoolbasedservices@CHRIS180.org