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

**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

**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

**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

**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

**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