

Register Your Child for

# Syntero Summer Groups

All Groups are **FREE** to any student in Dublin, Grandview, Hilliard & Upper Arlington City Schools.  
Group locations in Hilliard, Dublin, and Upper Arlington

\*\* The opinions, products, activities and/or services of this organization are neither sponsored nor endorsed by the school district\*\*

**Registration: May 1, 2019 on Sign Up Genius at 12 pm**

**\*Slots will fill up fast!\***

Group Topics	Grade	Description
<b>Super You; Super Calm; Super Skills!</b>	3-5	Students learn strategies to promote self-regulation and social thinking, while also paying attention to the expectations that surround them.
<b>Busy Bees</b>	3-5	This curriculum is designed for students who have difficulty focusing or remaining engaged in everyday activities at home and school.
<b>Zones of Regulation</b>	1-2, 3-5	Identifying feelings, emotions, and self-regulation.
<b>Middle School Life Skills</b>	6-8	This group will focus on: building healthy coping skills, managing stress, developing healthy communication skills, conflict management, developing healthy peer relationships, and many more life skills to help them be as successful as possible in middle school.
<b>Be Your B.E.S.T</b>	6-9	Girls group promoting positive self-image, being yourself, healthy relationships and focusing on Being your B.E.S. T (Beating Every Stereotype Together).
<b>Adulging 101</b>	9-12	Develop the skills necessary to be an adult in a changing world including emotion regulation, interpersonal skills, and practical skills including money management, tools for independent living, and online safety.
<b>Social Skills</b>	1-2	This groups focuses on key components to developing socially acceptable behavior, and offers an environment where students can learn to be a good friend. In this group we will work on skills such as, listening, self control, and having a positive attitude.
<b>Superflex</b>	1-2, 3-5	Students learn strategies to promote self-regulation and social thinking, while also paying attention to the expectations that surround them.
<b>Worry Warriors</b>	3-5	Students learn to identify/replace negative thoughts, and learn general coping skills and strategies to manage symptoms of anxiety.
<b>Your Fantastic Elastic Brain</b>	6-8	The group will help teach skills to students that will promote growth and resiliency through hard work and dedication when faced with challenges.
<b>Building Champions</b>	3-5, 6-8	Boys empowerment group focusing on making positive choices, improving confidence, and peer connections.
<b>Harry Potter</b>	6-8	A group with a Harry Potter theme to help develop positive mindset, understand anxiety and stress, and learn coping skills.
<b>Being a Team Player</b>	1-2, 3-5	This group will help students to improve their social skills and interactions, build growth mindset, and learn to be a team player.
<b>Changing Families</b>	1-2, 3-5	This curriculum is designed to assist students in family transition. The group will explore a wide range of feelings and, provide various strategies for coping during transition as well as allowing students share their feelings with others going through similar experiences.
<b>Preparing for Kindergarten</b>	K	This group will focus to teaching skills and tools to prepare for the transition to school.
<b>Animal Assisted</b>	3-5	Learn social and coping skills with the support of animal assisted services.
<b>Friendships</b>	1-2, 3-5	How to get along with others, make friends, and make good choices with others.
<b>Emotional Rollercoaster</b>	9-12	Learning mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills.

**\*\*\*Group Topics Subject to Change based on identified needs\*\*\***

## For more information:

Sign up information & class schedule: <https://www.syntero.org/groups/groups-for-youth/>

Questions? Contact Larysa Gilbert: [summergroups@syntero.org](mailto:summergroups@syntero.org).

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