



# STUDENT WELLNESS GROUPS

Syntero is offering student wellness groups for students in Dublin, Upper Arlington, Hilliard, Tolles and Grandview School Districts. Groups will be offered one day a week, for 6 weeks, for 30-45 minutes. Groups will start the week of February 1<sup>st</sup> and will end the week of March 8<sup>th</sup>.

**Registration opens January 11<sup>th</sup> at 8:00 am. Space for groups is limited.**

| Group Topic  | Grade | Group Time and Day                         | Description  |
|--|-------|--|--|
| <u>Social Skills</u>   | K-2   | Mondays at 12:00pm<br>Wednesdays at 4:30pm | This group will focus on building and enhancing students' social skills and positive peer interactions.  |
| <u>Celebrate Youth!</u>  | 3-5   | Thursdays at 12:00pm                       | This group for gender-creative and gender-exploring youth will focus on developing pro-social peer relationships and coping skills while offering opportunities for identity exploration, affirmation, and celebration.  |
| <u>Coping Skills</u>   | 3-5   | Wednesdays at 4:30pm                       | This group will focus on teaching healthy tools/skills to manage emotions and feelings.  |
| <u>Executive Functioning</u>   | 3-5   | Tuesdays at 10:00am                        | The group will offer lessons in time management skills, confronting peer pressure, and how to finish tasks & complete goals.   |
| <u>Coping Skills &amp; Stress Management</u>                             | 6-8   | Tuesdays at 4:30pm                         | This group will enable students to recognize the difference between what they can and cannot control, will teach them about the relationships between thoughts, feelings and actions as well as how to manage transitions in a healthy way.  |
| <u>Executive Functioning</u>   | 6-8   | Mondays at 10:00am                         | This group will offer lessons in time management skills, confronting peer pressure, and how to finish tasks & complete goals.  |
| <u>Test Anxiety</u>  | 6-8   | Fridays at 12:00pm                         | Students will develop a strong understanding of test anxiety and anxious thoughts, as well as its impact on their feelings and behaviors. Students will engage in a variety of exercises to reduce their anxious thoughts.   |
| <u>Syntero's CollegeCountdown (High School Juniors and Seniors Only)</u> | 11-12 | Wednesdays at 3:30pm                       | College presents challenges that many academically strong students are not equipped to handle, such as disputes with roommates, seemingly insurmountable schedules, and just adapting to a new environment. This course equips college-bound students with soft skills needed to excel in college and beyond! This free offering is a truncated version of a more expanded future program. |
| <u>High School Wellness</u>  | 9-12  | Thursdays at 12:00pm                       | This group will focus on skill building related to enrolled students' current needs. Students will learn general coping skills for managing daily stress, as well as self-care and wellness tips for building independence.  |

For Registration and More Information:

Google Form Registration Link (opens January 11<sup>th</sup> at 8:00 am): <https://forms.gle/7vQwJ48RBmUzCEQk6>

Questions? Contact: [studentwellnessgroups@syntero.org](mailto:studentwellnessgroups@syntero.org).

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