



CONCORD SUMMER GROUPS

June 14th -
July 30th

ALL GROUPS ARE
FREE TO NEW
ALBANY STUDENTS
AND PARENTS

EACH STUDENT
GROUP WILL RUN
FOR ONE WEEK
MONDAY- FRIDAY

**IN-PERSON
STUDENT
GROUPS:**

9:00AM-10:30AM

1:00PM-2:30PM

**VIRTUAL PARENT
WORKSHOPS:**

WEDNESDAY'S @
11:00AM-12:00PM



LOCATION:

NEW ALBANY HIGH SCHOOL
DROP OFF & PICK UP NEAR THE
FLAG POLE

GROUP INFORMATION & REGISTRATION:

[Student Registration Link](#)

[Parent Workshop Meeting Link](#)

**Masks will be required for in-person groups



CONTACT NATALIE MAY AT MAY.12@NAPLS.US FOR MORE
INFORMATION

Week of:	Student Group	Description	Virtual Parent Group (offered on Wednesday's at 11am)	Description
June 14th - 18th	Quiet Your Mind	Teaches students how to identify emotions and practice emotional regulation by utilizing mindfulness and various grounding techniques.	Managing Stress During Covid	Teaches how to identify signs & symptoms of anxiety, coping skills & resources to manage stress, worry & feeling overwhelmed
	9:00AM-10:30AM: 2nd-6th Grade			
	1:00PM-2:30PM: 7th-12th Grade			
June 21st - June 25th	Coping with Uncertainty	Teaches students how to identify what is in and out of their control, how to find acceptance when things are beyond their control, and identify strategies to deal with situations that are within their control.	Achieving Harmony When Everyone is Out of Tune	Teaches ways to increase positive conversations, communications, & family dynamics
	9:00AM-10:30AM: 4th-7th Grade			
	1:00PM-2:30PM: 8th-12th Grade			
June 28th - July 2nd	No Pressure	Teaches students how to develop healthy communication techniques, decision-making skills, common teen drug-related harms, peer-pressure refusal strategies, and healthy alternatives to common pressures.	Real Talk	Provides information on preventing substance use in your student. Covers risk factors, why kids use drugs, and what you can do as a parent to help prevent substance use in your student
	9:00AM-10:30AM: 7th-8th Grade			
	1:00PM-2:30PM: 9th-12th Grade			
July 5th- July 9th **closed Monday for the holiday	Worry Warriors	Teaches students to identify the effects of worry on the body. Label worries and practice strategies for managing anxiety	Mutual Respect: Reaching Your Teen	Teaches skills needed to use effective discipline, teach responsibility, & communicate with teens
	9:00AM-10:30AM: 2nd-6th Grade			
	1:00PM-2:30PM: 7th-12th Grade			
July 12th-July 16th	Staying Focused	Teaches goal-setting, how to create personal daily schedules & organization	Tweens & Teens Mental Health 101	Educates parents on the signs and symptoms of anxiety and depression while providing strategies you can use to communicate with your child about their mental health
	9:00AM-10:30AM: 4th-6th Grade			
	1:00PM-2:30PM: 7th-12th Grade			
July 19th-July 23rd	Movin' On Up	Teaches rising 7th graders and rising 9th graders how to set goals & learn how to navigate, thrive & survive the transition from elementary to middle and middle to high school	Keeping Your Kids Safe Online	Discusses helping you and your student set up appropriate boundaries online in order to keep them safe.
	9:00AM-10:30AM: Rising 7th			
	1:00PM-2:30PM: Rising 9th			
July 26th-July 30th	Back In Business	Teaches former VLP students how to navigate through the transition to all-in learning while learning how cope with the stress of transitions and change.	Back In Business: Supporting Your Child's Transition	How to support your child's mental health through the transition to all-in learning. Focuses on practical ways to set your child up for success through creating healthy daily routines, how to have conversations with your child about the transition, and how caregivers can help student's cope with the stress of this transition.
	9:00AM-10:30AM: 7th-8th			
	1:00PM-2:30PM: 9th-12th			