



Concord Summer Groups

June 7 - July 23

All groups are FREE
to Gahanna
Jefferson Public
School Students!

STUDENT GROUPS

***Monday - Friday
for 1 week each.***

***See page 2 for
group offerings and
session times.***

***To register your
student for a group,
click the PeachJar
sign up link
or click here***

VIRTUAL PARENT WORKSHOPS

Wednesday's at 11:00 - 12:00

***To join the Parent
Workshops, copy the link
below:***

***[https://meet.google.com/
tdc-koau-udc](https://meet.google.com/tdc-koau-udc)***

***Location:
Gahanna
Lincoln
High
School***

***Masks will be
required!***

***CONTACT MARY KATHLEEN CRIMMEL AT
CRIMMELM@GJPS.ORG FOR MORE INFORMATION.***



Week of:	Student Group	Description	Virtual Parent Groups (Wednesday's 11:00am-12:00pm)	Description
June 7th - June 11th	Worry Warriors	Learn how to identify the effects of worry on the body, label worries & practice strategies for managing anxiety.	Tweens & Teens Mental Health 101 - for parents of students in grades 5-12	Learn the signs and symptoms of anxiety & depression while providing strategies you can use to communicate with your child about their mental health
	9:00-10:30am (Grades 2-5)			
	Quiet Your Mind	Learn how to identify emotions & practice emotional regulation by utilizing mindfulness & various grounding techniques.		
	12:30-2:00pm (Grades 6-8) 2:15-3:45pm (Grade 9-12)			
June 14th - June 18th	Making Friends!	Learn how to make new friends, be a good friend, & make good choices.	Know the Signs of an Unhealthy Relationship - for parents of students in grades 5-12	Learn the differences between healthy & unhealthy relationships, including signs & consequences of unhealthy relationships & how you can prevent your child from having unhealthy relationships.
	9:00-10:30am (Grade 2-5)			
	They Said What.....to Who?	Learn about healthy & unhealthy behaviors in friendships & dating.		
	12:30-2:00pm (Grade 6-8) 2:15-3:45pm (Grade 9-12)			
June 21st - June 25th	Stand-Up	Learn about conflict resolution, empathy skills & how to manage bullying behavior.	Real Talk - for parents of students in grades 6-12	Learn ways to prevent your child from using substances by understanding risk factors, why kids use drugs, & what you can do as a parent.
	9:00-10:30am (Grade 2-5) 12:30-2:00pm (Grade 6-8)			
	Know the Facts!	Students will gain knowledge of different substances & skills to reduce risk factors.		
	2:15-3:45pm (Grade 9-12)			
June 28- July 2nd	No Pressure	Learn healthy communication techniques and peer pressure refusal skills.	Mutual Respect: Reaching Your Teen - for parents of students in grades 5-12	Learn how to use effective discipline, teach responsibility, & communicate with tweens & teens
	9:00-10:30am (Grade 2-5)			
	Strengths and Strategies to Weather the Storm	Learn how to identify signs & symptoms of depression & learn healthy coping skills & resources to manage feelings.		
	12:30-2:00pm (Grade 6-8) 2:15-3:45pm (Grade 9-12)			
July 6th- July 9th **no group Monday b/c of holiday**	Children in Change	Students will explore feelings that relate to family changes and transitions.	No workshop this week due to holiday	
	9:00-10:30am (Grade 2-5) 12:30-2:00pm (Grade 6-8)			
	Helping Teens Work Through Grief	Learn how to grow through the experience of grief & explore feelings that relate to change.		
	2:15-3:45pm (Grade 9-12)			
July 12th-July 16th	Movin' On Up (For Rising 6th and 9th Graders)	Rising 6th & 9th graders will learn how to set goals & learn how to navigate, thrive & survive the transition from elementary to middle & middle to high school	Keeping Your Kids Safe Online - for parents of students in grades 6-8	Learn how you and your child can set up appropriate boundaries online in order to keep them safe.
	9:00-10:30am (Rising 6th) 1:00-2:30pm (Rising 9th)			
July 19th-July 23rd	Back in Business	Former Distant Learning students will learn how to navigate through the transition to all-in learning while learning how cope with the stress of transitions & change.	Back in Business - for parents of students in grades 2-12	Learn ways to set your child up for success by creating daily routines, having conversations with your child & helping them cope with stress.
	9:00-10:30am (Grade 2-5) 12:30-2:00pm (Grade 6-8) 2:15-3:45pm (Grade 9-12)			