

Syntero Summer Groups 2022

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

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

Groups start the week of June 6th

Registration Opens: May 9, 2022 at 12:00 pm on Sign Up Genius

*** In-Person and Virtual offerings are available ***

Group Name	Grade Level	Description
Everyone has Feelings!	Incoming K	Students will learn about how everyone has feelings and the different feelings they may experience during their school days. Students will also learn about sizes of feelings and ways they can gain control over BIG feelings.
Kindergarten Adventures	Incoming K	Students will focus on what their school days might look like, how to be an active listener, school rules, and how to navigate new friendships.
Worry Warriors	1 st and 2 nd ; 3 rd to 5 th	Students will learn mindfulness skills, coping skills, and helpful thinking patterns that will help them to manage anxiety, stress, and worry.
Strength in the Storm	1 st and 2 nd	Students will learn to control their reactions and how to use coping skills even though they can't control the situations around them during life transitions.
Once Upon a Feeling	1 st and 2 nd	This group teaches students about comfortable and uncomfortable feelings with a focus on helping students learn how to cope with the uncomfortable feelings, so they can work through and overcome challenging situations.
Friendship over Foe	1 st and 2 nd	This group is for students who want to learn more about being a good friend, learning how to build healthy friendships, and leaving the drama behind.
Social Detectives	1 st and 2 nd	This group focuses on the bonds students will develop as they make new friends with a focus on: confidence, communication skills and conflict resolution.
Harry Potter	3 rd to 5 th	A group with a Harry Potter theme to help develop positive mindset, understand anxiety and stress, and increase healthy coping skills.
Weathering the Storm	3 rd to 5 th	This group focuses on recognizing and expressing emotions, identifying stressors and developing coping skills to manage them.
Being the Best You	3 rd to 5 th	Students will learn the importance of self-esteem and self-compassion, while also building skills to develop and maintain healthy friendships.
Grit, Growth and Goals	3 rd to 5 th ; 6 th to 8 th	This group focuses on general coping skills and emphasizes topics related to executive functioning and problem solving.
Confidence is Key	6 th to 8 th	This group will teach students skills for navigating changes in their social landscapes, boost their self-confidence, and have them ready to take on the wild ride that is middle school!
How to Train Your Emotions	6 th to 8 th	This group focuses on helping students build awareness of their own emotions and increase strategies they can use to regulate their emotions.
You Have the Power	6 th to 8 th	Students will learn strategies on effective goal setting, stress and time management, communication and conflict resolution, and working with others.
High School Survival: 101	9 th to 12 th	Students will learn about what to expect in high school (socially, emotionally and academically) and teach them tools that will help them feel prepared.
A Brighter Future	7 th to 9 th	Students will learn the basics of substance use and its impact on family members.
ROXstar Mini-Camp	4 th and 5 th ; 6 th ; 7 th and 8 th	The ROXstar Mini-Camp is a weeklong Ruling Our eXperiences (ROX) experience where girls discover what it means to be a smart, strong, safe, and confident girl! Topics covered will include: team-building, confidence, assertive communication, navigating social media, healthy relationships, girl bullying, body image and verbal and physical self-defense.

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

For more information:

Click link for sign up information & class schedule:

<https://www.signupgenius.com/go/30E0C45A4AE2CA0FD0-syntero7>

Questions? Contact Larysa Gilbert: franklinsummer@syntero.org.

Syntero Summer Prevention Programming is made possible by community funded levy dollars as distributed by the Franklin County ADAMH Board.