

MIDDLE SCHOOL READINESS

For current 6th or 7th grade students in the Englewood School District planning to attend Englewood Middle School or Englewood Leadership Academy for the Fall 2017 school year. The transition from Elementary School to Middle School is a big one! The group emphasizes the instruction of practical life skills to help prepare children for the pressures and challenges facing them as they head into Middle School. The group will cover topics related to relationships, drug use and peer pressure, managing anxiety, media and its influence, and many others.

Englewood Middle Sch Thurs 11am to 12pm
6.8.17 to 6.29.17 & 7.13.17 to 8.3.17

Englewood Middle Sch Thurs 5pm to 6pm
6.8.17 to 6.29.17 & 7.13.17 to 8.3.17

Middle School

SURVIVING SOCIALLY

Students in this group will learn social skills that are essential to the development of a positive prosocial peer group. Often a youth's ability to make and keep prosocial friends is the greatest protective factor in their life. This group will help them to learn an array of social skills that they will learn and practice in group with others.

Parker Mon 2:30 to 3:30pm

6.5.17 to 6.26.17 & 7.10.17 to 7.31.17

Southwood Wed 10:00 to 11:00am

6.7.17 to 6.28.17 & 7.12.17 to 8.2.17

Middle to High School

KEEP CALM & CARRY ON

In this group students will learn effective techniques to manage their emotions in healthy and effective ways. They will learn skills for calming down, problem-solving, self-regulation and more. This group is great for children dealing with anxiety, depression, panic attacks and anger management issues.

Parker Mon 4:00pm to 5:00pm

6.5.17 to 6.26.17 & 7.10.17 to 7.31.17

Caregivers

STRONGER TOGETHER

This group is designed to meet the diverse needs of those in a caregiving role, whether you're a parent, grandparent or in another caregiving role helping to take care of a child or adolescent. The goal of the group is to create a safe space to connect those with shared experiences and circumstances in an effort to provide tools and support. Groups will offer the opportunity to process difficulties and to cultivate compassionate community from fellow caregivers of children/adolescents.

Parker Mon 5:30pm to 6:30pm

6.5.17 to 6.26.17 & 7.10.17 to 7.31.17



Locations

CASTLE ROCK

831 S Perry St, Castle Rock, CO 80104

ENGLEWOOD MIDDLE SCHOOL

3800 S Logan St, Englewood, CO 80110

INVERNESS

155 Inverness Dr W, Englewood, CO 80112

PARKER

10350 Dransfeldt Rd, Parker, CO 80134

SOUTHWOOD

61 W Davies Ave, Littleton, CO 80120

Contact

Call 303-730-8858. Our team will help you reserve a place in a group.

Questions about the groups? Ask for Jason Captain.

Cost

Fees for clients vary depending on your insurance. Medicaid covers the full cost of most groups.



AllHealth
NETWORK
Live Better.



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NETWORK
Live Better.

Summer Groups

**FUN,
THERAPEUTIC
GROUPS FOR
STUDENTS**

**SUMMER GROUPS
INFO LINE:
303-730-8858**



Upper Elementary to Middle School

LOOK! A SQUIRREL!

Being easily distracted affects many of our children and can negatively impact their academic success, relationships, daily living and self-esteem. In this group students will learn techniques for managing their attention struggles and impulsivity so that they are prepared to return to school with skills that will help them to be more successful.

Castle Rock Tues 11:15am to 12:15pm

6.6.17 to 6.27.17 & 7.11.17 to 8.1.17

Inverness Tues 9:30am to 10:30am

6.6.17 to 6.27.17 & 7.11.17 to 8.1.17

Southwood Wed 11:30am to 12:30pm

6.7.17 to 6.28.17 & 7.12.17 to 8.2.17

KEEP CALM & CARRY ON

For ages 8 to 11. In this group students will learn effective techniques to manage their emotions in healthy and effective ways. They will learn skills for calming down, problem-solving, self-regulation and more. This group is great for youth dealing with anxiety, depression, panic attacks and anger management issues.

Parker Wed 9:30am to 10:30am

6.7.17 to 6.28.17 & 7.12.17 to 8.2.17

I CAN BE MORE CONFIDENT

This group is specifically designed to help students ages 8-12 form a sense of mastery over their environment and their individual challenges. It is presented in the format of a support group and concentrates on the unique makeup of each group. The sessions help create a more positive view of daily life and, most of all, help students know "I CAN Be More Confident."

Inverness Tues 5:30pm to 6:30pm

6.6.17 to 6.27.17 & 7.11.17 to 8.1.17

Southwood Wed 2:00pm to 3:00pm

6.7.17 to 6.28.17 & 7.12.17 to 8.2.17

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