

# Syntero Summer Groups

Syntero continues to monitor the latest preventative measures recommended by the Centers for Disease Control and the State of Ohio to curb the spread of the COVID-19 virus, and we are taking the utmost precautions to protect our clientele, staff members, and the community-at-large.

**\*\*What does this mean for Syntero Summer Programming?\*\*\***

Syntero is actively preparing for 2020 Summer Groups. Stay tuned for updated registration information!

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

Group Topics	Grade	Description
<b>Super You; Super Calm; Super Skills!</b>	3-5	This group will focus on how to identify warnings signs, coping skills and developing healthy ways to responding when angry.
<b>Busy Bees</b>	3-5	This group is for students who struggle with staying on task in the home and school environments. Students will develop and practice self-regulation skills, learn tools to increase focus, and improve self-esteem.
<b>Zones of Regulation</b>	1-2, 3-5	Identifying feelings, emotions, and self-regulation.
<b>Middle School Life Skills</b>	6-8	This group focuses on the main skills your student will need to help them be as successful as possible in middle school: Managing stress, learning coping skills, developing healthy coping skills, conflict management and healthy peer relations, and much more!
<b>Adulting 101</b>	9-12	Develop the skills necessary to be an adult in a changing world including emotion regulation, interpersonal skills, and practical skills including money management, tools for independent living, and online safety.
<b>Social Skills</b>	1-2	This groups focuses on key components to developing socially acceptable behavior, and offers an environment where students can learn to be a good friend. In this group we will work on skills such as, listening, self control, and having a positive attitude.
<b>Worry Warriors</b>	3-5	Students learn to identify/replace negative thoughts, and learn general coping skills and strategies to manage symptoms of anxiety.
<b>Train Your Brain</b>	6-8	This group will help teach skills to students that will promote a growth mindset and resilience through hard work and dedication when faced with challenges.
<b>Harry Potter</b>	3-5,6-8	A group with a Harry Potter theme to help develop positive mindset, understand anxiety and stress, and learn coping skills.
<b>Being a Team Player</b>	1-2, 3-5	This group will help students to improve their social skills and interactions, build growth mindset, and learn to be a team player.
<b>How to Kindergarten</b>	K	This group will teach students skills to prepare for the transition to school, including social skills, building a growth mindset, and learning to be a team player.
<b>Friendship</b>	1-2, 3-5	How to get along with others, make friends, and make good choices with others.
<b>Emotional Rollercoaster</b>	9-12	Learning mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skills.
<b>Being the Best You</b>	3-5, 6-8	Feel more confident and improve your self-esteem using mindfulness, gratitude, positive-self talk and other techniques.
<b>Executive Functioning</b>	6-8	This group will help unprepared, late, and scattered teens plan and organize, learn to stay focused, finish tasks and reach goals.
<b>Hope to Others</b>	7-9	Substance Use is a topic that impacts us all; whether directly or indirectly. Students will learn that they are not alone in being impacted by someone they care about struggling with substance use. They will gain valuable information regarding substance use disorders. They will explore factors which they can and cannot control; as well as healthy coping skills, boundaries, and how to build healthy relationships.

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

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

## For more information:

Questions? Contact Larysa Gilbert: [franklinsummer@syntero.org](mailto:franklinsummer@syntero.org).

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