



2023 SUMMER GROUP COUNSELING “Let’s talk about it!”

Could your student benefit from learning coping skills to manage big emotions more effectively? Or learn how to recognize and communicate their emotions? Does your child communicate to you their noticeable struggles that impact their academics, social interactions, or daily responsibilities? Anxiety, interpersonal skills, depression symptoms, and managing emotions are among the top mental health challenges with our youth today.

These summer groups will be designed to equip your student with the needed skills and information associated with today's common mental health struggles. Each time/day offered will be structured as a group format. Groups will be formed according to the age and needs of the student. **Sessions are for one hour. [Registration opens April 4th!](#)**

When: June 5th through June 22nd: Each group topic will be twice a week for a total of 6 sessions. Scan the QR code for specifics.

Where: Academy Endeavour Campus, 3475 Hampton Park Drive, Colorado Springs, CO

Why: For students who want more support with their emotional challenges. (Be sure your student wants this support). All elementary, middle school and high school students are welcome to enroll.

Who: Groups are being facilitated by the mental health therapists of the ASD20 Family Resource Center

How: Depending on how many sessions your student chooses, bring them on their designated times and days. Transportation is not provided.

Please complete the form in its entirety. If you have any questions, please contact our Admin Assistant, Jan Rose at Janis.Rose@asd20.org or (719) 234-5633



Family Resource Center
Academy School District 20
office (719) 234-5633

