



Summer @ The Summit

School may be out... but school-based mental health is still in!

The Summit is offering individual, family, and group services throughout the Summer.



Individual & Family Sessions *(DISCOUNT RATE for students enrolled at Summit OnSite schools)*

As a parent, you want what is best for your child, but it is not always easy to know what type of support they need. Mental health therapy helps your child better understand their personal needs and learn new skills to manage life situations and relationships more effectively.

Common Issues We Address:

- | | | | |
|------------|------------------|---------------------|-------------------|
| Anxiety | Divorce | Grief, Trauma, Loss | Self-Image |
| Bullying | Eating Disorders | Peer Relationships | Substance Misuse |
| Depression | Family Issues | Self-Harm | Suicidal Ideation |

5-Week Groups \$250 *(FREE for students enrolled at Summit OnSite schools)*

Groups will not meet the week of July 4th. Registration for groups closes on May 10th. Groups will fill on a first come, first served basis.

Summer groups are an opportunity to work on social and emotional skills, while also building connectedness, communicating with others, and honing social skills in a group setting.

Elementary School

- Anxiety (K-2)
- Anxiety (3-5)
- Executive Functioning (3-5)
- Social Skills (K-2)
- Social Skills (3-5)

Middle School

- Anxiety (6-8)
- Building Confidence (6-8)
- Executive Functioning (6-8)
- Relationship Building (6-8)

High School

- Anxiety (9-12)
- Building Confidence (9-12)
- Executive Functioning (9-12)
- Preparing for College (11-12)
- Relationship Building (9-12)
- Self-esteem/Body Image (9-12)

Students will be assigned to groups for the grade they will be attending in school year 2024/25.

Psychological Testing & Assessments

Difficulty in school can have a significant impact on a child's well-being. Parents of a child who is struggling academically often need help understanding why their child is having difficulty in school, and what to do about it. The Summit provides comprehensive psycho-educational evaluations for children, adolescents, and young adults.



SummitCounseling.org
678-893-5300

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Elementary School Groups

ANXIETY

Worry is a normal feeling that we all experience. Sometimes that worry can turn into anxiety, which some children feel in their thoughts or their bodies (like sweatiness, stomachache, or rapid breathing) and make it hard for them to enjoy normal things like playing with friends or doing schoolwork. This group helps them understand what feelings are, how to cope with these feelings and manage their worries in a way that allows them to thoroughly enjoy being a child again. This group allows children to explore their thoughts and emotions through reading short stories, watching videos, doing art projects, and connecting with other kids.

GROUP	DAY	DATE	TIME	LOCATION
E.S.A.1.1 Anxiety (K-2nd Grade)	TUE	6/11-7/16	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.A.2.1 Anxiety (3rd-5th Grade)	TUE	6/11-7/16	11:30-12:30	2750 Old Alabama Rd., Johns Creek

EXECUTIVE FUNCTIONING

The purpose of this group is to help equip children with skills to improve their executive functioning, increase school performance, and navigate school assignments and other responsibilities. They will focus on goal setting, managing tasks, decreasing distractibility, and building confidence to help them be able to succeed and thrive in elementary school and beyond.

GROUP	DAY	DATE	TIME	LOCATION
E.S.E.2.1 Exec. Functioning (3rd-5th Grade)	MON	6/10-7/15	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.E.2.2 Exec. Functioning (3rd-5th Grade)	MON	6/10-7/15	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.E.2.3 Exec. Functioning (3rd-5th Grade)	MON	6/10-7/15	11:30-12:30	4600 Nelson Brogdon Blvd., Sugar Hill
E.S.E.2.4 Exec. Functioning (3rd-5th Grade)	M-F	6/10-6/14	1:00-2:00	2750 Old Alabama Rd., Johns Creek

SOCIAL SKILLS

In the past few years, therapists have been noticing that school-aged children have had more difficulty connecting and socializing with peers for many reasons. This group helps children learn how to connect with one another, engage in conversation, recognize body language, express emotions, and gives them communication skills to help build healthy relationships with their peers. These tools will help them be more successful in school, making friends, and beyond.

GROUP	DAY	DATE	TIME	LOCATION
E.S.S.1.1 Social Skills (K-2nd Grade)	MON	6/10-7/15	10:00-11:00	4600 Nelson Brogdon Blvd., Sugar Hill
E.S.S.1.2 Social Skills (K-2nd Grade)	FRI	6/14-7/19	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.S.2.1 Social Skills (3rd-5th Grade)	FRI	6/14-7/19	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.S.2.2 Social Skills (3rd-5th Grade)	M-F	7/08-7/12	1:00-2:00	2750 Old Alabama Rd., Johns Creek

Middle School Groups

ANXIETY

As tweens/teens deal with the stressors of social situations, academics, feelings of inadequacy and overall life adjustments, it is possible that the normal feelings of anxiety bubble into deep fears and worries. These feelings and thoughts can even impact their ability to function in daily activities. With so much going on in their world, it can feel like a scary and threatening place, which can cause difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This group will allow them to understand their anxious thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DAY	DATE	TIME	LOCATION
M.S.A. 1.1 Anxiety (6th-8th Grade)	MON	6/10-7/15	1:00-2:00	4600 Nelson Brogdon Blvd., Sugar Hill
M.S.A. 1.2 Anxiety (6th-8th Grade)	TUE	6/11-7/16	2:30-3:30	2750 Old Alabama Rd., Johns Creek
M.S.A. 1.3 Anxiety (6th-8th Grade)	FRI	6/14-7/19	10:00-11:00	1548 Mt. Vernon Rd., Dunwoody

BUILDING CONFIDENCE

This group will help tweens/teens define confidence, identify positive affirmations, learn assertive communication, and utilize mindfulness to help build confidence. Self-esteem is a key ingredient for empowerment, feeling pride in one's decisions and opinions, forgiveness of self, and feelings of hopefulness. As confidence improves, so will other areas that have been impacted by low feelings towards self. They will learn to appreciate themselves and all that they can do!

GROUP	DAY	DATE	TIME	LOCATION
M.S.B. 1.1 Bldg. Confidence (6th-8th Grade)	MON	6/10-7/15	10:00-11:00	1548 Mt. Vernon Rd., Dunwoody
M.S.B. 1.2 Bldg. Confidence (6th-8th Grade)	TUE	6/11-7/16	4:00-5:00	2750 Old Alabama Rd., Johns Creek

EXECUTIVE FUNCTIONING

The purpose of this group is to help equip tweens/teens with skills to improve their executive functioning, increase school performance, and navigate school assignments and other responsibilities. They will focus on goal setting, managing tasks, decreasing distractibility, and building confidence to help them be able to succeed and thrive in middle school and beyond.

GROUP	DAY	DATE	TIME	LOCATION
M.S.E. 1.1 Exec. Functioning (6th-8th Grade)	WED	6/12-7/17	2:30-3:30	2750 Old Alabama Rd., Johns Creek
M.S.E. 1.2 Exec. Functioning (6th-8th Grade)	FRI	6/14-7/19	11:30-12:30	1548 Mt. Vernon Rd., Dunwoody

RELATIONSHIP BUILDING

The tween/teenage years can be filled with challenges, pressures, and questions. It is a time when they begin to discover who they are as individuals, explore who they want to be, and develop social connections that may last for many years. Developing new relationships can present unique challenges. This group will address the challenges of developing relationships and help them build healthy interpersonal skills and boundaries.

GROUP	DAY	DATE	TIME	LOCATION
MS.R.1 Relationship Building (6th-8th Grade)	MON	6/10-7/15	11:30-12:30	1548 Mt. Vernon Rd., Dunwoody
MS.R.2 Relationship Building (6th-8th Grade)	WED	6/12-7/17	4:00-5:00	2750 Old Alabama Rd., Johns Creek

High School Groups

ANXIETY

As teens deal with the stressors of social situations, academics, feelings of inadequacy and overall life adjustments, it is possible that the normal feelings of anxiety bubble into deep fears and worries. These feelings and thoughts can even impact their ability to function in daily activities. With so much going on in their world, it can feel like a scary and threatening place, which can cause difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This group will allow them to understand their anxious thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DAY	DATE	TIME	LOCATION
H.S.A. 1.1 Anxiety (9th-12th Grade)	FRI	6/14-7/19	2:30-3:30	2750 Old Alabama Rd., Johns Creek

BUILDING CONFIDENCE

This group will help teens define confidence, identify positive affirmations, learn assertive communication, and utilize mindfulness to help build confidence. Self-esteem is a key ingredient for empowerment, feeling pride in one's decisions and opinions, forgiveness of self, and feelings of hopefulness. As confidence improves, so will other areas that have been impacted by low feelings towards self. They will learn to appreciate themselves and all that they can do!

GROUP	DAY	DATE	TIME	LOCATION
H.S.B. 1.1 Bldg. Confidence (9th-12th Grade)	THU	6/13-7/18	2:30-3:30	2750 Old Alabama Rd., Johns Creek

EXECUTIVE FUNCTIONING

The purpose of this group is to help equip teens with skills to improve their executive functioning, increase school performance, and navigate school assignments and other responsibilities. They will focus on goal setting, managing tasks, decreasing distractibility, and building confidence to help them be able to succeed and thrive in high school and beyond.

GROUP	DAY	DATE	TIME	LOCATION
H.S.E. 1.1 Exec. Functioning (9th-12th Grade)	MON	6/10-7/15	1:00-2:00	1548 Mt. Vernon Rd., Dunwoody
H.S.E. 1.2 Exec. Functioning (9th-12th Grade)	MON	6/10-7/15	2:30-3:30	4600 Nelson Brogdon Blvd., Sugar Hill
H.S.E. 1.3 Exec. Functioning (9th-12th Grade)	FRI	6/14-7/19	4:00-5:00	2750 Old Alabama Rd., Johns Creek

PREPARING FOR COLLEGE

Preparing for college is probably one of the most significant life transitions that your teen will have experienced. At this life phase they may be feeling a lot of emotions including apprehension, excitement, and grief. This group will help them process some of these emotions, while providing concrete skills on how to transition into a semi-independent environment.

GROUP	DAY	DATE	TIME	LOCATION
H.S.P. 2.1 Prep. For College (11th-12th Grade)	MON	6/10-7/15	4:00-5:00	2750 Old Alabama Rd., Johns Creek

RELATIONSHIP BUILDING

The teenage years can be filled with challenges, pressures, and questions. It is a time when they begin to discover who they are as individuals, explore who they want to be, and develop social connections that may last for many years. Developing new relationships can present unique challenges. This group will address the challenges of developing relationships and help them build healthy interpersonal skills and boundaries.

GROUP	DAY	DATE	TIME	LOCATION
H.S.R. 1.1 Relationship Bldg. (9th-12th Grade)	MON	6/10-7/15	2:30-3:30	2750 Old Alabama Rd., Johns Creek

SELF-ESTEEM/BODY IMAGE IMPROVEMENT

In this group, teens will have a chance to explore their feelings about themselves and their bodies in a supportive environment. We understand that there is a correlation between how we view our bodies and how we feel about ourselves. In this group, teens will work to explore the way they think about themselves and learn how to feel more confident about who they are now. This is a group that is open to anyone who needs or wants support to find validation internally instead of relying on others.

GROUP	DAY	DATE	TIME	LOCATION
H.S.S. 1.1 Self-Esteem (9th-12th Grade)	MON	6/10-7/15	2:30-3:30	1548 Mt. Vernon Rd., Dunwoody
H.S.S. 1.2 Self-Esteem (9th-12th Grade)	THU	6/13-7/18	4:00-5:00	2750 Old Alabama Rd., Johns Creek

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The Summit Counseling Locations

Since 1990, The Summit has been a trusted community partner; bringing hope, healing, and restoration to children, teens, adults, couples, and families. Through our partnerships with local community organizations, The Summit serves North Atlanta at 39 locations. Whatever your background, you will find us respectful, open and encouraging.

1. Alpharetta Office (Mansell Rd.)

3800 Mansell Rd, Ste 100,
Alpharetta, GA 30022

2. Alpharetta Office (Summer Only)

59 North Main St,
Alpharetta, GA 30009

3. Dunwoody Office

1548 Mt Vernon Rd,
Dunwoody, GA 30338

4. Johns Creek Office

11180 Medlock Bridge Rd,
Johns Creek, GA 30098

5. Johns Creek Office

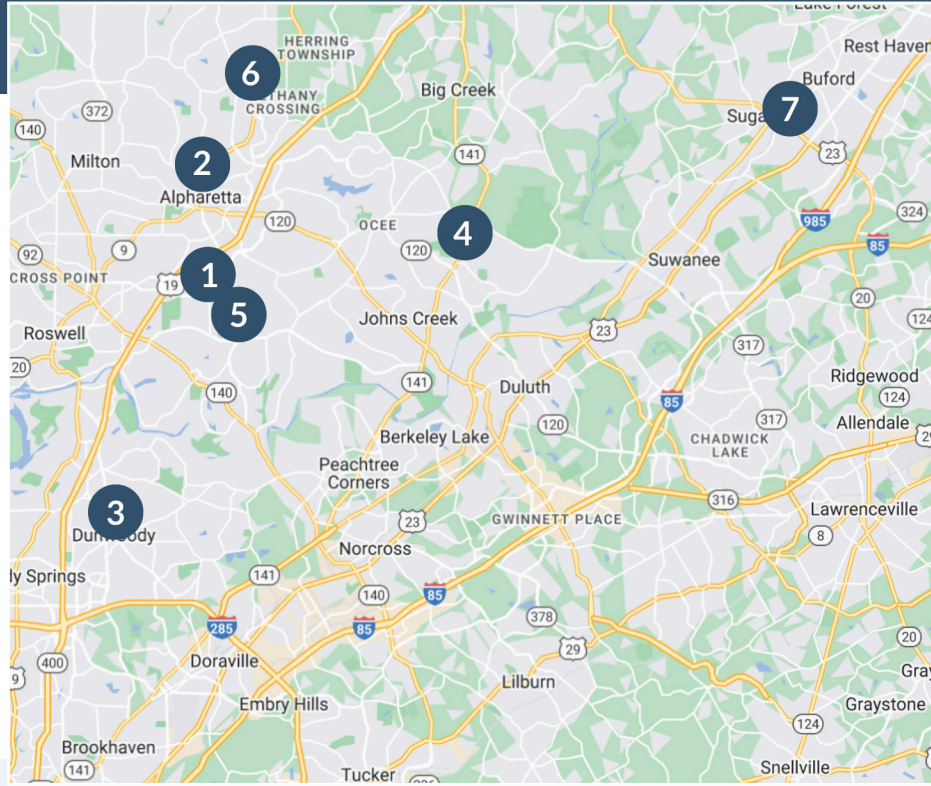
2750 Old Alabama Rd,
Johns Creek, GA 30022

6. Milton Office

13680 Hwy 9 North,
Bldg G, Ste 500
Milton, GA 30004

7. Sugar Hill Office

4600 Nelson Brogdon Blvd,
Sugar Hill, GA 30518



Summit OnSite Locations

Abbotts Hill Elementary School
5575 Abbotts Bridge Rd
Johns Creek, GA 30097

Alpharetta Elementary School
192 Mayfield Rd
Alpharetta, GA 30009

Alpharetta High School
3595 Webb Bridge Rd
Alpharetta, GA 30005

Autrey Mill Middle School
4110 Old Alabama Rd
Johns Creek, GA 30005

Barnwell Elementary School
9425 Barnwell Rd
Johns Creek, GA 30022

Birmingham Falls Elementary School
14865 Birmingham Hwy
Milton, GA 30004

Cambridge High School
2845 Bethany Bend
Milton, GA 30004

Chattahoochee High School
5230 Taylor Rd
Johns Creek, GA 30022

Crabapple Crossing Elementary School
12775 Birmingham Hwy
Milton, GA 30004

Crabapple Middle School
10700 Crabapple Rd
Roswell, GA 30075

Creek View Elementary School
3995 Webb Bridge Rd
Alpharetta, GA 30005

Dolvin Elementary School
10495 Jones Bridge Rd
Johns Creek, GA 30022

Dunwoody High School
5035 Vermack Rd
Dunwoody, GA 30338

Esther Jackson Elementary School
1400 Martin Rd
Roswell, GA 30076

Findley Oaks Elementary School
5880 Findley Chase Dr
Johns Creek, GA 30097

Greater Atlanta Christian School
1575 Indian Trail Lilburn Rd NW
Norcross, GA 30093

Hopewell Middle School
13060 Cogburn Rd
Alpharetta, GA 30004

Innovation Academy
125 Milton Ave
Alpharetta, GA 30009

Johns Creek High School
5575 State Bridge Rd
Johns Creek, GA 30022

Lake Windward Elementary School
11770 E. Fox Ct
Alpharetta, GA 30005

Milton High School
13025 Birmingham Hwy
Milton, GA 30004

Mountain Park Elementary School
11895 Mountain Park Rd
Roswell, GA 30075

Northview High School
10625 Parsons Rd
Johns Creek, GA 30097

Northwestern Middle School
12805 Birmingham Hwy
Milton, GA 30004

Ocee Elementary School
4375 Kimball Bridge Rd
Johns Creek, GA 30022

Peachtree Middle School
4664 N Peachtree Rd
Atlanta, GA 30338

River Trail Middle School
10795 Rogers Circle
Johns Creek, GA 30097

Summit Hill Elementary School
13855 Providence Rd
Alpharetta, GA 30004

Sweet Apple Elementary School
12025 Etris Rd
Roswell, GA 30075

Taylor Road Middle School
5150 Taylor Rd
Johns Creek, GA 30022

Webb Bridge Middle School
4455 Webb Bridge Rd
Alpharetta, GA 30005



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