

2023

# Syntero, Inc. Summer Groups

Delaware and Morrow Counties

virtual + in-person options available!



Syntero is excited to announce group prevention services for all students who attend school in Delaware and Morrow counties. Groups last for **one week** (Monday through Thursday) and are offered multiple times throughout the summer beginning the week of June 5th.

Syntero's prevention services are provided at no cost to families through a grant from the Delaware-Morrow Mental Health & Recovery Services Board.

GROUP NAME	GRADES (2023-2024)	DESCRIPTION
SOCIAL SUPERSTARS	K	Get ready for kindergarten by practicing skills such as problem solving, self-control, positive friendships, and coping techniques
COPING CAT	1-2	Identify warning signs of anxiety and learn coping skills to manage worry
PLAY, LEARN, & ENJOY!	1-2	Activity-based group that helps students learn and practice self-control skills
KINDNESS IN THE CLASSROOM	1-2	Explore six values connected to kindness: respect, caring, inclusiveness, integrity, responsibility, and courage
ONCE UPON A FEELING	1-2	Explore feelings creatively, learn skills to regulate emotions, and take charge of writing your own unique story
COPING CAT	3-5	Identify warning signs of anxiety and learn coping skills to manage worry
ZONES OF REGULATION	3-5	Gain familiarity with emotions and learn how to be in control of feelings and actions
SUPERFLEX	3-5	Become a social detective by discovering social clues and learning flexible thinking
GOOD TO GROW	3-5	Students will learn the basics of flexible thinking, time management, organization, and task initiation
CAT PROJECT	6-8	Identify warning signs of anxiety and learn coping skills to manage worry
LEARNING TO BREATHE	6-8	Practice mindfulness skills to recognize emotions and choose healthy responses
SOCIAL SUCCESS	6-8	Learn about healthy friendships, self-esteem, conflict resolution, and managing stress
GRIT, GROWTH, AND GOALS: STRATEGIES FOR STUDENT SUCCESS	6-8	This group will target goal setting and flexible problem solving as well as organizational skills, task initiation, and grit.
ANXIETY	9-12 and Graduated Seniors	Identify warning signs of anxiety and learn coping skills to manage worry
DON'T LET EMOTIONS RUN YOUR LIFE	9-12 and Graduated Seniors	Learn strategies to manage difficult emotions, including: mindfulness, detecting thinking errors, coping skills, and healthy relationships
HIGH SCHOOL SURVIVAL SKILLS	9-12 and Graduated Seniors	Develop skills for high school success, including: identification of needs and values, setting healthy boundaries, and effective communication
HOW TO LEAD FOR HIGH SCHOOLERS	9-12 and Graduated Seniors	Students will engage in self-exploration about their strengths and gifts as they relate to leadership, as well as learn skills for how to be a great leader and inspire others

**REGISTRATION OPENS MONDAY, MAY 8th AT 12pm**

Registration link: <https://bit.ly/SynteroSummer23>

\*click registration link for 2023 groups schedule\*



Please note that you will need to fill out a separate registration form for each child you are registering. Registration for each group will close on the Friday prior to the start of the group.

## QUESTIONS ABOUT GROUPS IN DELAWARE/MORROW COUNTIES?

Contact Hannah Weber, MSW, LSW



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