



# 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 |

## Groups Sessions \$250 *(FREE for students enrolled at Summit OnSite schools)*

Groups meet daily for 1 hour. Registration closes on May 15th. 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
- Executive Functioning
- Social Skills

### Middle School

- Anxiety
- Building Confidence
- Executive Functioning
- Relationship Building

### High School

- Anxiety
- Building Confidence
- Executive Functioning
- Preparing for College
- Relationship Building

Students will be assigned to groups for the grade they will be attending in school year 2025/26

## 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 feel. But sometimes that worry can turn into anxiety, which some kids feel in their bodies (like sweatiness, stomachache, or rapid breathing) or their thoughts and makes it hard for them to enjoy normal things like playing with friends, or doing schoolwork. This group helps kids understand how to cope with these feelings and manage their worries in a way that allows them to thoroughly enjoy being a kid again. This group will allow children to explore their thoughts and emotions through reading short stories, watching videos, doing art projects, and connecting with other kids.

GROUP	DATE	TIME	LOCATION
E.S.A. 1.1 Anxiety (K-2nd Grade)	6/09-6/13	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.A. 1.2 Anxiety (K-2nd Grade)	7/07-7/11	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.A. 1.3 Anxiety (K-2nd Grade)	7/14-7/18	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.A. 1.4 Anxiety (K-2nd Grade)	7/21-7/25	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.A. 2.1 Anxiety (3rd-5th Grade)	6/02-6/06	10:00-11:00	4600 Nelson Brogdon Blvd., Sugar Hill
E.S.A. 2.2 Anxiety (3rd-5th Grade)	6/09-6/13	1:00-2:00	2750 Old Alabama Rd., Johns Creek
E.S.A. 2.3 Anxiety (3rd-5th Grade)	6/23-6/27	10:00-11:00	4600 Nelson Brogdon Blvd., Sugar Hill

### UNSTUCK & ON TARGET (EXECUTIVE FUNCTIONING)

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

GROUP	DATE	TIME	LOCATION
E.S.E. 1.1 Executive Functioning (K-2nd Grade)	7/07-7/11	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.E. 1.2 Executive Functioning (K-2nd Grade)	7/14-7/18	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.E. 2.1 Executive Functioning (3rd-5th Grade)	6/23-6/27	11:30-12:30	4600 Nelson Brogdon Blvd., Sugar Hill
E.S.E. 2.2 Executive Functioning (3rd-5th Grade)	7/14-7/18	2:30-3:30	2750 Old Alabama Rd., Johns Creek

### SOCIAL SKILLS

It is important for students to develop healthy social skills to interact with their peers, navigate friendships and manage conflict. 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.

GROUP	DATE	TIME	LOCATION
E.S.S.1.1 Social Skills (K-2nd Grade)	6/09-6/13	10:00-11:00	2750 Old Alabama Rd., Johns Creek
E.S.S.1.2 Social Skills (K-2nd Grade)	7/21-7/25	11:30-12:30	2750 Old Alabama Rd., Johns Creek
E.S.S. 2.1 Social Skills (3rd-5th Grade)	6/02-6/06	11:30-12:30	4600 Nelson Brogdon Blvd., Sugar Hill
E.S.S. 2.2 Social Skills (3rd-5th Grade)	6/09-6/13	2:30-3:30	2750 Old Alabama Rd., Johns Creek
E.S.S. 2.3 Social Skills (3rd-5th Grade)	7/14-7/18	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, sometimes the normal feelings of anxiety bubble into deep fears and worries that negatively impact their ability to function in daily activities. With so much going on in the world, it can feel like a scary and threatening place, causing symptoms such as difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This group will allow students to understand their thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DATE	TIME	LOCATION
M.S.A. 1.1 Anxiety (6th-8th)	6/02-6/06	11:30-12:30	2750 Old Alabama Rd., Johns Creek
M.S.A. 1.2 Anxiety (6th-8th)	6/09-6/13	1:00-2:00	1548 Mt. Vernon Rd., Dunwoody
M.S.A. 1.3 Anxiety (6th-8th)	7/21-7/25	2:30-3:30	2750 Old Alabama Rd., Johns Creek

### BUILDING CONFIDENCE

Self-esteem is a key ingredient for empowerment, feeling pride in one's decisions and opinions, forgiveness of self, and feelings of hopefulness. This group will help teens define confidence, identify positive affirmations, learn assertive communication and utilize mindfulness to help build confidence.

GROUP	DATE	TIME	LOCATION
M.S.B. 1.1 Building Confidence (6th-8th Grade)	6/02-6/06	10:00-11:00	2750 Old Alabama Rd., Johns Creek
M.S.B. 1.2 Building Confidence (6th-8th Grade)	7/14-7/18	2:30-3:30	1548 Mt. Vernon Rd., Dunwoody

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## UNSTUCK & ON TARGET (EXECUTIVE FUNCTIONING)

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

GROUP	DATE	TIME	LOCATION
M.S.E. 1.1 Executive Functioning (6th-8th Grade)	6/23-6/27	11:30-12:30	2750 Old Alabama Rd., Johns Creek
M.S.E. 1.2 Executive Functioning (6th-8th Grade)	7/14-7/18	4:00-5:00	1548 Mt. Vernon Rd., Dunwoody
M.S.E. 1.3 Executive Functioning (6th-8th Grade)	7/21-7/25	1:00-2:00	2750 Old Alabama Rd., Johns Creek

## RELATIONSHIP BUILDING

The teenage years can be filled with challenges, pressures, and questions. It is a time when teens 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 teens build healthy interpersonal skills and boundaries.

GROUP	DATE	TIME	LOCATION
M.S.R 1.1 Relationship Building (6th-8th Grade)	6/09-6/13	2:30-3:30	1548 Mt. Vernon Rd., Dunwoody
M.S.R 1.2 Relationship Building (6th-8th Grade)	6/23-6/27	10:00-11:00	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, sometimes the normal feelings of anxiety bubble into deep fears and worries that negatively impact their ability to function in daily activities. With so much going on in the world, it can feel like a scary and threatening place, causing symptoms such as difficulty concentrating, feeling a sense of panic, difficulty sleeping, and/or rapid heart rate. This group will allow students to understand their thoughts and feelings, connect with peers through engaging discussion, learn coping skills to manage their emotions, and identify when to ask for help.

GROUP	DATE	TIME	LOCATION
H.S.A. 1.1 Anxiety (9th-12th)	6/02-6/06	11:30-12:30	1548 Mt. Vernon Rd., Dunwoody
H.S.A. 1.2 Anxiety (9th-12th)	6/09-6/13	2:30-3:30	4600 Nelson Brogdon Blvd., Sugar Hill
H.S.A. 1.3 Anxiety (9th-12th)	7/07-7/11	2:30-3:30	2750 Old Alabama Rd., Johns Creek

### BUILDING CONFIDENCE

Self-esteem is a key ingredient for empowerment, feeling pride in one's decisions and opinions, forgiveness of self, and feelings of hopefulness. This group will help teens define confidence, identify positive affirmations, learn assertive communication and utilize mindfulness to help build confidence.

GROUP	DATE	TIME	LOCATION
H.S.B. 1.1 Building Confidence (9th-12th Grade)	6/09-6/13	1:00-2:00	4600 Nelson Brogdon Blvd., Sugar Hill
H.S.B. 1.2 Building Confidence (9th-12th Grade)	6/23-6/27	2:30-3:30	2750 Old Alabama Rd., Johns Creek
H.S.B. 1.3 Building Confidence (9th-12th Grade)	7/07-7/11	4:00-5:00	1548 Mt. Vernon Rd., Dunwoody

## UNSTUCK & ON TARGET (EXECUTIVE FUNCTIONING)

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

GROUP	DATE	TIME	LOCATION
H.S.E. 1.1 Executive Functioning (9th-12th)	6/02-6/06	1:00-2:00	1548 Mt. Vernon Rd., Dunwoody
H.S.E. 1.2 Executive Functioning (9th-12th)	6/23-6/27	1:00-2:00	2750 Old Alabama Rd., Johns Creek
H.S.E. 1.3 Executive Functioning (9th-12th)	7/07-7/11	1:00-2:00	2750 Old Alabama Rd., Johns Creek

### PREPARING FOR COLLEGE

Preparing for college is probably one of the most significant life transitions that teens will experience. Students at this life phase may be feeling all sorts of emotions including apprehension, excitement and grief. This group will help students process some of these emotions, while providing concrete skills on how to transition into a semi-independent environment.

GROUP	DATE	TIME	LOCATION
H.S.P. 1.1 Preparing for College (Coll. Freshmen)	6/02-6/06	2:30-3:30	2750 Old Alabama Rd., Johns Creek

## RELATIONSHIP BUILDING

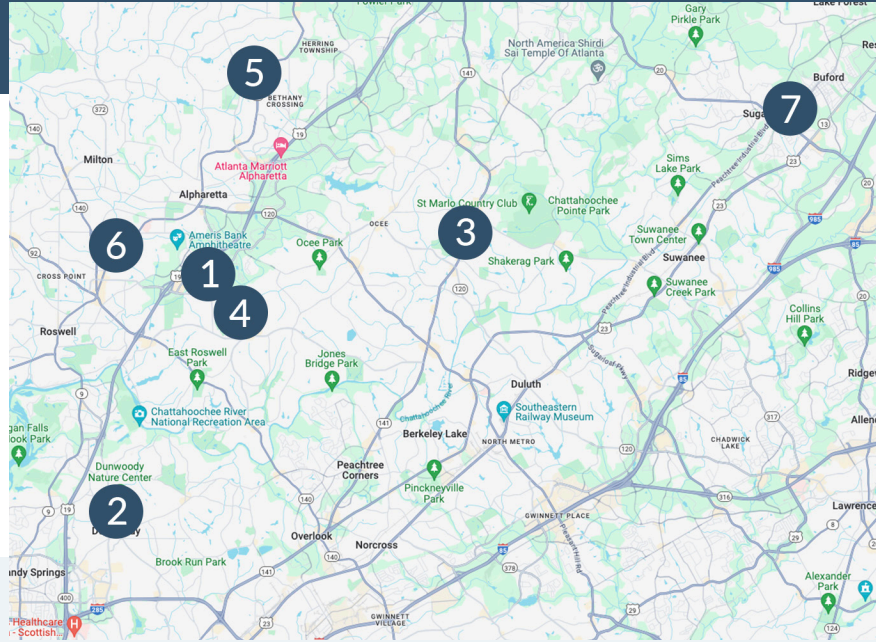
The teenage years can be filled with challenges, pressures, and questions. It is a time when teens begin to discover who they are as individuals, explore who they want to be, and develop social connections that may last for many years. Developing new relationships, both dating and friends, can present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

GROUP	DATE	TIME	LOCATION
H.S.R. 1.1 Relationship Building (9th-12th)	6/02-6/06	1:00-2:00	2750 Old Alabama Rd., Johns Creek
H.S.R. 1.2 Relationship Building (9th-12th)	7/07-7/11	2:30-3:30	1548 Mt. Vernon Rd., Dunwoody

# 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**  
3800 Mansell Rd, Ste 100  
Alpharetta, GA 30009
- 2. Dunwoody Office**  
1548 Mt Vernon Rd  
Dunwoody, GA 30338
- 3. Johns Creek Office**  
11180 Medlock Bridge Rd  
Johns Creek, GA 30098
- 4. Johns Creek Office**  
2750 Old Alabama Rd  
Johns Creek, GA 30022
- 5. Milton Office**  
13680 Hwy 9 North, Bldg G,  
Ste 500  
Milton, GA 30004
- 6. North Fulton  
Community Charities**  
11275 Elkins Rd  
Roswell, GA 30076
- 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**  
10900 Woodstock 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

**LEAP Program**  
1201 Alpharetta St  
Roswell, GA 30075

**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 Cir  
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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