



## Summer Groups 2021

**Start Date: June 14<sup>th</sup>, 2021**

**End date: August 27<sup>th</sup>, 2021**

### **What are Summer Groups?**

Summer Groups are designed to provide a safe, structured, and therapeutic environment to nurture developmental growth in an array of therapeutic topics. Individuals can join at any time.

### **Group Name/Description, Group Time, Recommended Age for Group, Location:**

#### **Mondays:**

**Mindfulness matters:** Promotes calming strategies to manage emotions and slow down in our busy lives through art, meditation, and enhancing overall wellbeing. 10:30-12:30 Lakemont office. Ages 12-15

**Wiggle your way to Mindfulness:** Move your way to expressing all emotions through stretching, dance, music, meditation, and affirmations. - 12:30-2:30 Lakemont office. Ages 6-10.

## **Tuesdays:**

**Mindfulness matters:** Promotes calming strategies to manage emotions and slow down in our busy lives through art, meditation, and enhancing overall wellbeing. 10:30-12:30 Lakemont office. Ages 7-11

**Zero to Zen:** Learning and practicing anxiety management through relaxation techniques, healthy self-care development, and art therapy. 10:30-12:30 Lakemont office. Ages 8-11

## **Wednesdays:**

**Yoga, meditation, and mindfulness:** Learning yoga and mindfulness to help naturally manage emotions. 10:30-12:30 Lakemont office. Ages 7-11

**Yoga, meditation, and mindfulness:** Learning yoga and mindfulness to help naturally manage emotions. 12:30-2:30 Lakemont office. Ages 12-16

## **Thursdays:**

**Art in Counseling- Breakfast Group:** Using different art mediums to explore feelings, improve expression, and improve self-worth. 8:30-10:30 Lakemont office. Ages 14 and up

**Art in Counseling- Brunch Group:** Using different art mediums to explore feelings, improve expression, and improve self-worth. 10:30-12:30 Lakemont office. Ages 14 and up

**Power of Positivity:** Promotes positive attitudes of self, peers and community through art and team building. 10:30-12:30 Lakemont office. Ages 11-15

**Online social media:** tik tok and snap chat how to have fun and stay safe. This group will focus on pros and cons of online social media and how to make positive choices online. 12:30-2:30 Lakemont office. Ages 14 and up

**How much does the Summer Group cost?**

Summer Groups are covered by most insurances! Free transportation also may be arranged, depending on eligibility.

**How do I enroll my child or teen? Call or Email:**

**Jason Gardner:** email- [gardnerj13@upmc.edu](mailto:gardnerj13@upmc.edu). Phone: 814-941-8018.

**Renee Swogger:** email- [swoggerra@upmc.edu](mailto:swoggerra@upmc.edu). Phone: 814-941-8019.

**Mandy Holby:** email- [holbym1@upmc.edu](mailto:holbym1@upmc.edu). Phone: 814-941-8028.

***Or contact your current UPMC-WBHA counselor or case manager***