



# CONCORD SUMMER PROGRAMS



**JUNE 7** THROUGH **JULY 22**

**FREE TO ALL WESTERVILLE CITY SCHOOL STUDENTS & PARENTS**

Student groups will be held at Heritage MS - 390 N Spring St

**Click below to sign-up!**

**<https://forms.gle/NSw6Rky7Cw2qpVW78>**

In-person parent education workshops will be held at Concord  
Counseling Services - 700 Brookside Blvd

**Click below to sign-up!**

**<https://forms.gle/FJcbwF1K7ftU7cdt5>**

To attend virtual parent education workshops, click link below:

**<https://www.gotomeet.me/ConcordCounseling/parent-groups>**

You can also dial in using your phone.

**United States: +1 (646) 749-3122**

**Access Code: 328-448-069**

Contact:

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Date and Time	Topic/Grade Level	Description
<b>Parent Education Workshops -</b>		
<b>June 7</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Managing Anxiety</b> (Parents)	Learn how to identify signs & symptoms of anxiety, healthy coping skills, & resources to manage stress & feeling overwhelmed
<b>June 8</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Know the Signs: Unhealthy Relationships</b> (Parents)	Learn the differences between healthy & unhealthy relationships, including signs, consequences & how to prevent
<b>June 9</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Mutual Respect: Reaching Your Teen &amp; Tween</b> (Parents)	Learn skills needed to use effective discipline, teach responsibility & communicate effectively with teens & tweens.
<b>June 10</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Achieving Harmony When Everyone is Out of Tune</b> (Parents)	Learn ways to increase positive conversations, communications & family dynamics
<b>June 14</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Knowing the Signs: Substance Use</b> (Parents)	Learn about risk factors, why kids use drugs & what you can do to help prevent your child from using substances
<b>June 15</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Let's Talk About Alcohol</b> (Parents)	Learn statistics of alcohol use in youth & the consequences that can follow as well as warning signs & what you can do to help prevent your child from using alcohol
<b>June 16</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Let's Talk About Vaping</b> (Parents)	Learn about the history of e-cigarette development & usage, factors that lead to vaping, & the health & medical risks associated with vaping.
<b>June 17</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Let's Talk About Marijuana</b> (Parents)	Learn statistics of marijuana use in youth & the consequences that can follow, as well as warning signs & what you can do to help prevent your child from using marijuana
<b>June 21</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>What's On Your Mind: Youth Mental Health Basics</b> (Parents)	Learn how to identify the signs & symptoms of depression, as well as strategies to communicate with your child about their mental health
<b>June 22</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Tough Transitions: Helping Your Child Adjust to In-Person Learning</b> (Parents)	Learn strategies to support your child's mental health through the transition to in-person learning, including ways to set your child up for success, healthy daily routines, how to have conversations about the new school year, & how to help them cope with stress
<b>June 23</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Keeping Your Kids Safe Online</b> (Parents)	Learn strategies to help you and your student set up appropriate boundaries online in order to keep them safe.
<b>June 24</b> 12:00-1:00 (Virtual) 5:30-6:30 (In-Person)	<b>Supporting the Social Needs of Your Child</b> (Parents)	Learn ways your student can build connections with their peers & recover social relationships during their return to in-person learning
<b>Student Groups -</b>		
<b>June 28-July 1</b> 9:00-10:15 11:00-12:15	<b>Zones of Regulation</b> Grades 2-5	Learn how to identify emotional triggers to feelings
	Grades 6-8	
1:00-2:15	<b>No Pressure</b> Grades 9-12	Learn healthy communication techniques, decision-making skills, common teen drug-related harms, peer-pressure refusal strategies & healthy alternatives
<b>July 6-8</b> 9:00-10:15 11:00-12:15 1:00-2:15 <b>*There will not be a group on July 5th*</b>	<b>Worry Warriors</b> Grades 2-5	Learn the effects of worry on the body, how to label worries, & practice strategies for managing anxiety
	Grades 6-8	
	Grades 9-12	
<b>July 12-15</b> 9:00-10:15 11:00-12:15 1:00-2:15	<b>Tough Transitions - Navigating In-Person Learning</b> Grade 2-5	Learn social skills & coping skills to help navigate the transition back to in-person learning
	Grade 6-8	
	Grade 9-12	
<b>July 19-22</b> 9:00-10:15 11:00-12:15	<b>Movin' on Up</b> Rising 6th Graders	Learn how to set goals, navigate, thrive and survive the transition from elementary to middle school
	Rising 9th Graders	Learn how to set goals, navigate, thrive and survive the transition from middle to high school
1:00-2:15	<b>You Are Not Alone</b> Grades 9-12	Learn how to identify signs & symptoms of teen depression, as well as healthy coping skills & resources