

# OhioGuidestone Summer Groups in Lorain

All groups offered at our Lorain location at **2173 North Ridge Road**



## **Girl's Friendship Group (Multiple Groups: Ages 9-12, Ages 13-17, and Spanish Speaking Ages 13-17)**

A program which utilizes the Wonderfully Me curriculum, focusing on self-concept, identifying strengths, and interacting with others while using Cognitive Behavioral Skills.



## **SPOTS of Emotions with Friends (Two Groups: Ages 6-8 & Ages 9-11)**

A program that utilizes the Little SPOT of Emotion books to teach elementary school students social emotional skills.



## **Incredible Years (Ages 5-7)**

An evidence-based, small group program for children ages 5-7 that aims to strengthen children's emotional, persistence, social and academic competencies while preventing behavior problems.

## **Quieting the Anxious Mind (Ages 13-17)**

This supportive group focused on managing anxiety for teens ages 13-17, helps develop effective strategies for managing anxiety. Participants will learn how to regulate their emotions and reduce stress using techniques that engage the five senses—sight, sound, smell, taste, and touch emotional skills.



## **Building Champions (Two Groups: Male, Ages 10-13 & Female, Ages 10-13)**

Designed for young men ages 10-13, this group focuses on developing skills to navigate the challenges of ADHD. The group empowers boys to harness their strengths, develop resilience, and become champions in their daily lives.

*\*We offer a Teen Girls Circle and Boys Council, ongoing at all times.*

Call **844-6CALLOG** for additional information, or to register for a group.