OhioGuidestone
WHERE NEW PATHS BEGIN

OhioGuidestone Summer Groups in Lorain

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

Girl's Friendship Group
(Ages 9-12)

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
(Ages 6-8)

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

This supportive group focused on managing anxiety, 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. Groups are available for both teens and adults.

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