

Social & Emotional Learning- A Skills Based Group presented by the School Based Health Center



summit community
CARE CLINIC
970.668.4040

Do you ever feel overwhelmed at school?

Do you feel like you struggle making long-term friendships?

Do you ever wish you could learn how to manage your emotions and feel more connected to the other students?



Starting February 2020, the SBHC center at Park County will be offering a group for middle & high school students. This will be delivered during school hours on Tuesday mornings; however, we will look to limit class time disruptions.

The group will teach skills for developing and maintaining friendships, controlling emotions that can feel overwhelming, and help develop time management skills.

If you are interested in joining please contact the SBHC center at 970-977-9624 or speak to your school counselor.