

# COUNSELING CORNER SUMMER GROUPS



At Holland Pediatrics  
Run by our Counselors

**Sign up today!**

- Tell the front desk
- Send a portal message
- Call 616-393-0166

## WORRY WARRIORS Elementary Anxiety Group

Who: 3rd-5th graders with a parent

When: Tuesdays at 4:30pm-5:15pm

Dates: July 15

July 22

July 29

August 5

August 12

August 19

Learn how to handle  
worries, fears,  
and big feelings!

**WORRY WARRIORS**  
Group Counseling Curriculum

I am in  
control  
of my  
worries!



## FEELING STRESSED?

### Middle School Anxiety Group

Be ready for the school year!

Learn where stress/anxiety comes from  
& how to manage it.

Who: Middle Schoolers (6th-8th)

When: Thursdays 4:30-5:30pm

Dates: July 17, July 24, July 31, August 7,  
August 14, August 21.



## Me With ADHD

A **6-week group** to learn what ADHD  
actually is and strategies to support  
the most common challenges ADHD  
Brains face.

### Details

Who? Middle schoolers - A  
parent/caregiver is also  
encouraged to attend.

When? Wednesdays 4:30-5:30pm.

July 16

July 23

July 30

August 6

August 13

August 20