

Summer Therapy Groups

ENROLL TODAY!

Email Office Manager Cathy Pena
(Catherine.pena@uhsinc.com)

Questions regarding any groups or supplies?
Email Meghan Jacobson
(Jacobsoncm@vvsd.org)

Groups will be blended between multiple school districts.

CREATE: Expression Through Art



Art can come in many forms and sometimes it's easier to draw, paint, sing, listen to music, or act out our feelings rather than simply talking about them. Join us this summer to use art as the medium for your personal growth to work through anxiety, depression, anger, and much more!

* Supply List Below

Chill Out This Summer

We could all use some new strategies to help calm down and chill out! Join us this summer for a group focused on different relaxation practices; we will be trying out something new each week that will help with anxiety, anger, sleep, etc.



Grades 2-5
Tuesdays 4:30-5:15pm
June 15-August 10 (off July 6)

Zoom Meeting ID:
965 8036 4106

Grades 2-5
Thursdays 5:30-6:15pm
June 17-August 12 (off July 1)

Zoom Meeting ID:
943 9620 7612

Grades 6-8
Tuesdays 7:00-7:45pm
June 15-August 10 (off July 6)

Zoom Meeting ID:
964 2856 7360

Grades 6-8
Thursdays 7:00-7:45pm
July 8-August 12 (off July 1)

Zoom Meeting ID:
973 4241 9876

Supplies List

- Crayons, markers, OR colored pencils
- Scissors
- White AND colored paper (10 sheets minimum)
- Glue (stick or liquid works)
- Paper lunch bags (2-3) (or any kind of bag that size)
- Paper plates (3-4)

