

Summer Youth Community Groups

All groups are open to any youth in the community.
Youth do not need to be an enrolled CHD client to attend.
Parents & Caregivers are welcome to attend with their children



Mondays

Baking Treats and More

Ages: 6-17

Facilitator: Bobbye Guentert

Back up Facilitator: Bailey Petredis

Location: Timber Ridge Apartments Community Building
(3002 East Q Ave)

Time/Day: Mondays 3:30pm-4:30pm (dependent on recipe)

Description: This baking group offers a supportive space where participants can learn baking skills while fostering mental well-being and positive social connections.



Walk & Talk

Ages: 11-17

(Grown ups are welcome)

Facilitator: Rheadean Hays

Back up Facilitator: TBD

Location: LHS Track

Time/Day: Mondays & Thursdays 7am

Description: Mindful movement involves focusing on physical sensations and movements during activities like walking and stretching to enhance awareness and present-moment experience. This practice helps individuals connect with their bodies, reduce stress, and cultivate a deeper understanding of their physical and emotional state.

Tuesdays

The Outlet

Ages: 14-17

Facilitator: Denea Lee

Back up Facilitator: Danielle Stolk

Location: Virtually

Time/Day: Tuesdays 4:00pm-5:00pm

Description: A place to express, recharge and be heard



Heroes of Courage

Ages: 14-17

Facilitator: Jessica Arnson

Back up Facilitator: TBD

Location: CHD, Gold Room

Time/Day: Tuesdays 12:00pm-1:30pm

Description: Heroes of the Mind is a creative, therapeutic group using fantasy role-playing games (RPGs) and Geek Therapy principles to support emotional growth, social skills, and identity development. This group blends collaborative storytelling with group therapy to promote growth.



Art Out Loud

Ages: 5-17

Facilitator: Bobbye Guentert

Back up Facilitator: Bailey Petredis

Location: Timber Ridge Apartments Community Building
(3002 East Q Ave) DURING SUMMER BREAK

Time/Day: Tuesday at 11:00am-12:00pm

Description: Group for youth focusing on artistic expression and emotional development. All supplies are provided. Parental attendance required for younger children.



Wednesdays

The Safe Spot

Ages: 11-13

Facilitator: Denea Lee

Back up Facilitator: Andrea Wood

Location: Virtually

Time/Day: Wednesday 4:00pm-5:00pm

Description: A Judgement-free place to share and feel heard



Nature Walk

Ages: 13-17

Facilitator: Bailey Petredis

Back up Facilitator: Becky Curry

Location: Meet at CHD, then travel to various place in Union County

Time/Day: Mondays 10:00am-12:00pm June 16th-August 11th

Description: A fun group where youth can get in touch with nature, experience light exercise, and learn to practice mindfulness. We will participate in check in/check out activities before and after group.

Thursdays

Crocheting, Knitting, & Relaxing

Ages: 13-17

Facilitator: Bailey Petredis

Back up Facilitator: Rose Turner

Location: CHD, Gold Room

Time/Day: Thursdays 3:30pm-4:30pm

Description: Youth will learn the basics of crocheting/knitting, with different crafts. Youth will practice expressing themselves and learn skills for relaxing and mindfulness.



Grief Support

Ages: 11-13

Facilitator: Denea Lee

Back up Facilitator: Kate Gekeler

Location: CHD, Community Room 1

Time/Day: Thursday 4:00pm-5:00pm

Description: A safe, welcoming space for middle school youth to explore grief related to the death or loss of a loved one. In a trusting and supporting environment, youth will learn tools for managing grief and the difficulties it can bring to our lives.

Walk & Talk

Ages: 11-17

(Grown ups are welcome)

Facilitator: Rheadean Hays

Back up Facilitator: TBD

Location: LHS Track

Time/Day: Mondays & Thursdays 7am

Description: Mindful movement involves focusing on physical sensations and movements during activities like walking and stretching to enhance awareness and present-moment experience. This practice helps individuals connect with their bodies, reduce stress, and cultivate a deeper understanding of their physical and emotional state.

Fridays

Art in the Park

Ages: 5-14

Facilitator: Bobbye Guentert

Back up Facilitator: Bailey Petredis

Location: Island City Elementary School Pavillion

Time/Day: 10:30am-11:30am on Fridays From June 13th-August 15th

Description: Develops positive relationships and gives youth a safe space to express themselves through art. This group incorporates nature and being active/adventurous while creating art.



CHD

(541)962-8800

Please see chdinc.org/groups for more information.

