

Are you a high school senior graduating in 2026?

Summit is proud to offer a
High School to College Transition Group

This group is designed specifically for high school seniors, Class of 2026, who are planning to start college in the fall of 2026. Group is intended to address common challenges and stressors that seniors often face, including academic pressures, stress of the application process, social dynamics, time management skills, the decision making process, current academic course load, and increasing independence, to name a few.

Group is structured for teens to meet weekly and engage in a structured, safe, and confidential way. They will process stressors with peers and receive relevant psychoeducation based on the topics discussed each week. Teens will offer feedback and encouragement to one another, while gaining healthier coping skills to better manage stress as they work to complete high school and prepare for college.

When: Wednesdays 6:00 -7:15 PM, starting Fall '25 (*Holiday weeks excluded**)

Group enrollment will be open through the fall, which means that teens can enroll at any point during that time. It is expected that they will participate for at least 4 weeks. After 4 weeks, you can stay as long as you like/find group to be helpful.

Who: High school seniors in the Richmond area experiencing pressure related to the preparation for college.

- Teens who are already clients at Summit will not need to complete an intake session before starting group. Please talk to your clinician for more details.
- Teens who are not current clients at Summit will be asked to complete a free 15-30 minute intake session with Nani to determine if your teenager is appropriate for group prior to enrollment.



Cost: \$60 per session

Facilitator: Nani Moskal, LCSW

Location: Summit Emotional Health

For questions or to register, please contact:
Jaimie Alexander at frontdesk@summit-eh.com