

Navigate Adolescence Presents THE 2022 VIRTUAL PROGRAM SERIES



Navigate is pleased to be able to offer our fun and engaging workshops online again this year to provide an opportunity for young people to connect with others outside the classroom and participate in activities and conversations designed to enhance their social and emotional well-being.



The Compass Workshops for 4th, 5th and 6th Graders

ALL WORKSHOPS HELD: Saturday, February 5, 2022, from 9 AM to 12:30 PM via Zoom

These fun and engaging workshops are designed to enhance skills such as self-awareness, managing emotions, problem solving, and developing healthy relationship skills. The workshops will feature small groups professionally facilitated through Zoom and tailored to address this year's unique challenges.

Compass for Boys flier (Grades 4 and 5)

<https://navigateadolescence.com/uploads/media/NavigateCompassforBoys2022flier.pdf>

Compass for Girls flier (Grades 4 and 5)

<https://navigateadolescence.com/uploads/media/NavigateCompassforGirls2022flier.pdf>

True North Vision Board Workshop flier (Girls Grade 6)

<https://navigateadolescence.com/uploads/media/TrueNorthVisionBoardWorkshopforGirls2022flier.pdf>

The Pathways Yoga Series for 6th, 7th and 8th Graders

YOGA SESSIONS HELD: Mondays from 7:30 to 8:30 PM 1/24, 2/21, 3/21, 4/1, 5/2 via Zoom

Yoga is a fun and engaging tool to build self-awareness, promote inner and outer strength and flexibility, and experience more mindful, calm living. This five-part themed series was designed to help young people learn how to positively influence their physical, mental, and emotional well-being. Session themes feature handling stress, setting intentions, developing gratitude, as well as building confidence and compassion. This unique format will include yoga and breathing practices, as well as time for learning and reflection in a non-competitive, supportive environment.

Yoga Series flier (Grades 6, 7 and 8)

<https://navigateadolescence.com/uploads/media/PathwaysYogaSeriesFlier2022.pdf>



Navigate Adolescence is a nonprofit organization devoted to supporting the social and emotional well-being of young people and their families.

navigateadolescence.org