

WELCOME BACK TO NAVIGATE

WHAT IS NAVIGATE?

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

WHAT DOES NAVIGATE DO?

Navigate has provided workshops for thousands of students for the past 17 years. After two years of offering our programs virtually, we are pleased to be offering a brand new line-up of in-person mini-programs titled “Let’s Get Social.”

We have taken the best parts of our well-loved all-day and half-day programs — designed to help kids develop strong relationships to themselves and to others — and created a hybrid of fun and relationship skill building mini-programs for boys and girls, designed to fit families’ busy schedules.

Young people who have attended our programs say ...

After attending Navigate Programs, I feel as if I can ...

“... solve friend problems” — 4th Grader

“... be calm and stay positive” — 5th Grader

“... accomplish my goals” — 5th Grader

“... make new friends” — 4th Grader

Introducing “LET’S GET SOCIAL” Mini-Programs

90-minute Mini-Programs for Young People — There’s Something for Everyone

Programs will begin with a professionally-led 30-minute social skill builder, followed by an hour of activity designed to provide something for every interest!

Scholarships are available for all programs — To register go to navigateadolescence.org

Game Nights at Fair Game

Calling all board game lovers! Kids can learn new games, or play old favorites. The staff at Fair Game will provide instruction for age-compatible games and kids will have a chance to enjoy an evening of board game fun!

3RD GRADE
May 22, from 6:00 to 7:30 pm

4TH GRADE
May 7, from 6:30 to 8:00 pm

5TH GRADE
May 15, from 6:00 to 7:30 pm

6TH GRADE
Apr. 24, from 6:00 to 7:30 pm

Team Building Challenges

Groups will be divided into teams and each team will face a series of active and high-energy challenges as they race against the clock together toward the finish line.

3RD GRADE
Apr. 27, from 6:00 to 7:30 pm

4TH GRADE
May 4, from 6:00 to 7:30 pm

5TH GRADE
May 4, from 6:00 to 7:30 pm

6TH GRADE
May 11, from 6:00 to 7:30 pm

Volunteer at a Food Pantry

Kids can enjoy an opportunity to give back by helping to refresh the shelves at West Suburban Community Pantry, whose mission is to eliminate barriers to food security and serve as a bridge to vital resources.

3RD GRADE
May 18, from 5:30 to 7:00 pm

4TH GRADE
May 17, from 5:30 to 7:00 pm

5TH GRADE
May 3 from 5:30 to 7:00 pm

6TH GRADE
May 4, from 5:30 to 7:00 pm

ARTful Yoga Nights

Kids can end the day practicing “ARTful” Yoga in a circle of peers. The evening includes a yoga sequence created for each level and incorporates a mindful art creation at the end of the session.

3RD GRADE
Apr. 25, from 6:00 to 7:30 pm

4TH GRADE
Apr. 25, from 6:00 to 7:30 pm

5TH GRADE
May 9, from 6:00 to 7:30 pm

6TH GRADE
May 16, from 6:00 to 7:30 pm