

## Programs for Young People and Their Parents

### Welcome Back to Navigate's In-Person Programming

**Navigate Adolescence** is a nonprofit organization devoted to supporting the social and emotional well-being of young people and their families. After two years of offering our programs virtually, Navigate Adolescence is pleased to be offering a brand new line-up of in-person mini programs titled "Let's Get Social."

### "Let's Get Social" 90-minute Mini-Programs for Young People in Grades 3-6

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! Activities are grade-level specific, and all programs will be offered for each grade level.



**There is something for everyone. Register for the activity that speaks to your child's interests!**

Scholarships are available for all programs. Contact us at [info@navigateadolescence.org](mailto:info@navigateadolescence.org) for more information

#### 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 dice-rolling and card-dealing camaraderie.

[CLICK HERE FOR DATES AND TIMES AND TO REGISTER FOR GAME NIGHTS](#)

#### 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.

[CLICK HERE FOR DATES AND TIMES AND TO REGISTER FOR TEAM CHALLENGES](#)

#### ARTful Yoga

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.

[CLICK HERE FOR DATES AND TIMES AND TO REGISTER FOR TEAM CHALLENGES](#)

#### Volunteer Opportunities at West Suburban Community 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.

[CLICK HERE FOR DATES AND TIMES AND TO REGISTER FOR VOLUNTEER OPPORTUNITIES](#)

For more information go to [navigateadolescence.org](http://navigateadolescence.org)