

## WELCOME BACK TO NAVIGATE

### WHAT IS NAVIGATE?

**Navigate Adolescence** is a Downers Grove-based nonprofit organization that has provided relationship skill-building workshops for thousands of young people for the past 17 years.

**After two years of offering our programs virtually**, we are pleased to be bringing 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.



## “LET’S GET SOCIAL” May Mini-Programs

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

Programs will begin with a 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](http://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

[CLICK HERE TO REGISTER](#)

#### 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.

**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

[CLICK HERE TO REGISTER](#)

#### 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

[CLICK HERE TO REGISTER](#)

#### 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.

**5TH GRADE**  
May 9, from 6:00 to 7:30 pm  
**6TH GRADE**  
May 16, from 6:00 to 7:30 pm

[CLICK HERE TO REGISTER](#)