



PROGRAMS FOR YOUNG PEOPLE

Navigate Adolescence is a Downers Grove-based nonprofit organization, founded in 2005 and dedicated to developing and strengthening the social and emotional well-being of young people in grades K-8 through fun, active, skill-building workshops.



MAY IS MENTAL HEALTH AWARENESS MONTH



A Volunteer Opportunity for Kids in Grades 3-6 Tuesday, May 9th from 4:15 to 5:15 p.m.

In recognition of May as Mental Health Awareness month, we are focusing on an important mental health strength builder for young people — volunteerism.

Navigate Adolescence is partnering with West Suburban Community Pantry (WSCP) to offer this program which starts with a professionally-led social skill builder, and is followed by an opportunity for kids to help refresh the shelves at WSCP — whose mission is to eliminate barriers to food security and serve as a bridge to vital resources.

The Benefits of Volunteering for Young People

Volunteering has many benefits for young people as they grow and develop. Through volunteer opportunities, kids ...

- Develop useful life skills such as problem solving, empathy, and hard work.
- Increase self-efficacy and self-esteem. Self-efficacy refers to believing we can do what needs to be done and handle situations, and self-efficacy helps drive motivation.
- Develop gratitude which is linked to a sense of well-being and happiness.
- Create connections to others — relationships are important factors in resiliency and purpose.

[CLICK HERE TO REGISTER FOR THIS OPPORTUNITY](#)

Or go to navigateadolescence.org for more information and to register

