



navigate adolescence

Helping Kids & Parents Thrive

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.

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.

This year we are pleased to be offering an expanded line-up of in-person mini-programs. Stay tuned for more program info!



2023 Winter/Spring 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 young people in grades 3-6 something for every interest!

Scholarships are available for all programs — For more info 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

4TH GRADE

5TH GRADE

6TH GRADE

DATES TBA

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

4TH GRADE

5TH GRADE

6TH GRADE

DATES TBA

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

4TH GRADE

5TH GRADE

6TH GRADE

DATES TBA

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

4TH GRADE

5TH GRADE

6TH GRADE

DATES TBA