

Are you ready for Middle School?

**HGNA
Presents:**

CORE

Connecting to Ourselves
for Real Empowerment

CORE (Connecting to Ourselves for Real Empowerment)

CORE is a fun and engaging workshop that will help you create strategies to make this transition to Middle School less stressful while learning more about yourself and staying true to your unique self! Featuring break-out sessions led by professionals and a panel discussion led by high school girls, this workshop gives you the tools to start the year strong!

CORE is open to ALL girls from both public and private schools who will be entering 7th grade.

CORE can help answer questions such as:

- * How will I handle the pressure of doing more homework and getting good grades?
- * Will it be hard to make new friends?
- * What if I lose my current friends?
- * What do I do if I'm excluded?
- * How will I decide what activities to pursue?

To Register go to: www.hgnacore2015.eventbrite.com

Registration Deadline: Friday, August 14, 2015

Helping Girls Navigate Adolescence, Inc., is a Downers Grove-based volunteer organization dedicated to empowering adolescent girls to achieve their fullest potential through education, advocacy, and community collaboration.

For more information go to: hgna.org



**MARK
Your Calendar:**

Thursday, August 20

Held at:

**Herrick Middle School
4435 Middaugh, DG**

Check-in:

9:30 to 10:00 a.m.

Program:

10 a.m. to 2 p.m.

Cost:

\$20 per girl

Includes:

Lunch

Take-Aways

