

Navigate Adolescence Presents

Compass for Girls



Saturday, March 14, 2020

9:00 a.m. to 3:15 p.m. (Check-In 8:30-9:00 a.m.)

Compass for Girls is a fun full-day retreat geared specifically to 4th, 5th and 6th grade girls. Participants spend time in small group break-out sessions led by professional counselors and social workers, and engage in topics and activities such as:

- Creating self-awareness and practicing self-acceptance
- Tackling tricky friendship topics
- Learning stress-relief and mindfulness techniques
- Enjoying action-packed team challenges

Games, discussions, lunch, a t-shirt, yoga, crafts, and take-aways will all be included in this exciting day

For Parents:

All parents are invited to coffee and conversation that morning from 9:00 to 10:30 a.m. Gina Graham, LCSW, will be talking about "Body Image in the Selfie Culture."

*Scholarships available for all Navigate Programs
Contact us for more information*

REGISTRATION OPENS TUESDAY, FEBRUARY 11, 2020

[CLICK HERE TO REGISTER](#)



Navigate Adolescence is a nonprofit organization devoted to providing kids and their parents the tools needed to navigate adolescence with confidence, resilience, and kindness.

navigateadolescence.org
info@navigateadolescence.org

Our programs are inclusive and welcoming to all



"After attending Compass, I now feel as if I can..."

"... express my feelings and thoughts because I learned how to be confident and strong"

"... solve many friend problems"

"... be calm and stay positive"

"... accomplish my goals"

Location:

Herrick Middle School
4435 Middaugh Ave.
Downers Grove