Navigate Adolescence, in partnership with TriCity Family Services, and Geneva Coalition for Youth Present:

Compass for Girls

Saturday, February 6, 2021
9:00 a.m. to 12:30 p.m.

**Virtual Workshop
Facilitated LIVE via ZOOM**

Strengthen Your Daughter's Social and Emotional "Compass" in this Unusual Year

Compass for Girls provides a great way for 4th and 5th grade girls to enhance their social and emotional skills, including:

- Self-Awareness
- Managing Challenging Emotions
- Problem-Solving
- Developing Healthy Friendship Skills
- Becoming More Empathic
- Understanding Personal Power

This workshop consists of small group break-out sessions which include mini-lessons, activities, facilitated discussions to relate mini-lessons to current experiences, and **conversations with peers** to provide girls with the opportunity to learn, and share while having fun.

Engaging discussions, stress-relieving yoga, crafts, a t-shirt, and meaningful takeaways will all be included in this exciting morning!

compass
navigate series | grades 4 & 5

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

"… express my feelings and thoughts" — 4th grader

"… solve friend problems" — 4th Grader

"… be calm and stay positive" — 5th Grader

"… accomplish my goals" — 5th Grader

Navigate Adolescence is pleased to be partnering with:

TriCity 50 YEARS OF FAMILY SERVICES **& Geneva Coalition for Youth**

with the support of Geneva CUSD 304.

navigate adolescence
Helping Kids & Parents Thrive

Navigate Adolescence is a nonprofit organization devoted to supporting the social and emotional development and well-being of young people and their families.

navigateadolescence.org
info@navigateadolescence.org

Our programs are inclusive and welcoming to all.

Location: Your electronic device, via Zoom

This Year's Compass for Girls COST: $15
Scholarships available for all Navigate Programs

CLICK HERE TO REGISTER
Register by 11:59 p.m. on January 29, 2021

NEW TO REGISTRATION:
List friends to virtually participate together, or choose to make new friends and be grouped with others seeking new friendships.