

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

TREK for Middle School Boys



Saturday, November 13, 2021

9:00 a.m. to 12:00 p.m.



**Virtual Workshop
Facilitated LIVE via ZOOM**

How is life going for your 7th grader during this unusual year?

Middle School is filled with potentially stressful transitions in social lives, interests, daily routines, and academic expectations. Your 7th grader may have questions such as:

- How can I handle the pressure of doing more homework and getting good grades?
- How can I have a sense of belonging without changing who I am to fit in?
- What can I do to eliminate everyday stress?
- What steps can I take to manage the temptations and distractions of social media and gaming?

TREK for Boys a fun and engaging workshop with opportunities to connect in small groups and pairs that will help your son create strategies to make middle school less stressful. He will learn more about his own unique qualities and ways to stay true to himself.

TREK features break-out sessions professionally facilitated by male facilitators, games, and Q&A with a panel of high school boys. This workshop gives your son the tools to successfully navigate the ups and downs of middle school.

Navigate Adolescence is pleased to be partnering with:



Geneva
Coalition
for Youth

with the support of Geneva CUSD 304.



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.

FROM PAST ATTENDEES:

"I liked the stress-relieving techniques."

"I learned more about social media and the problems it causes."

"I liked the high schoolers talking about their middle school experiences."

Location: Your electronic device, via Zoom

This Year's TREK for boys COST: \$10
Scholarships available for all Navigate Programs

CLICK HERE TO REGISTER

Register by 11:59 p.m. on November 5, 2021

NEW TO REGISTRATION:

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