

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

# TREK for Middle School Girls



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 have a sense of belonging without changing who I am to fit in?
- How can I deal with friendship drama and social media drama?
- What can I do to eliminate everyday stress?
- How can I handle the pressure of doing more homework and getting good grades?

**TREK for Girls** is a fun and engaging workshop with opportunities to connect in small groups and pairs that will help your daughter create strategies to make middle school less stressful. She will learn more about her own unique qualities and ways to stay true to herself.

**TREK** features professionally facilitated break-out sessions, yoga, and Q&A with a panel of high school girls. This workshop gives your daughter 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](http://navigateadolescence.org)  
[info@navigateadolescence.org](mailto:info@navigateadolescence.org)

Our programs are inclusive and welcoming to all.

### FROM PAST ATTENDEES:

"I learned to not compare yourself to others and just love who you are."

"I liked the yoga because it made me feel peaceful."

"I learned a lot about friendships and about how to be a better friend."

Location: Your electronic device, via Zoom

This Year's TREK for girls 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.