

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



Compass for Girls

Saturday, February 5, 2022
9:00 a.m. to 12:30 p.m.

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!



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.



"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

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 28, 2022

NEW TO REGISTRATION:

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