



Navigate Adolescence is a Downers Grove based non-profit organization, founded in 2005 and dedicated to developing and strengthening the social and emotional well-being of young people in grades K-8 through fun, active, skill-building workshops that help kids learn how to navigate relationships.

STAR: GUIDING THE WAY THROUGH FRIENDSHIP



A good friend is one of the best things you can have and one of the best things you can be. This workshop is designed to help early elementary aged kids develop the foundations of friendship - including understanding what it means to be a good friend. Through activities, games, and crafts we emphasize the importance of kindness, acceptance, and empathy, and explore problem areas in friendships such as teasing, bossiness, and exclusion.

Min/Max: 6/12 R/NR \$35/\$53 Location: Downers Grove Recreation Center Instructor: Ann Carlson, LCSW

Class #	Grade	Date	Day	Time
1270M60-01	Kindergarten	3/5	SU	2:00-3:30pm
1270M60-02	1st	3/12	SU	2:00-3:30pm
1270M60-03	2nd	3/5	SU	2:00-3:30pm
1270M60-04	3rd	3/12	SU	2:00-3:30pm

COMPASS: FINDING YOUR WAY



For kids, friendships can sometimes be the best part of their day, and the worst part of their day - all on the same day! This skill-building workshop series is designed to enhance middle elementary students' friendship skills by helping them to strengthen their self-awareness, identify and build healthy relationships with others, and work through relationship challenges when they arise. This three-part series is fun, activity-based, and includes take-aways that help reinforce learning.

Min/Max: 6/12 R/NR \$75/\$105 Location: Lincoln Center Instructor: Ann Carlson, LCSW

Class #	Grade	Date	Day	Time
1270M61-01	4th	3/8 - 3/22	W	5:00-6:00pm
1270M61-02	5th	3/8 - 3/22	W	6:00-7:00pm



VISION: FINDING YOUR TRUE NORTH

Who am I, and what do I stand for? As young people start to ask these questions, this vision board workshop provides an opportunity for a guided discussion on thoughts, values, and emotions, and how they influence our individual behavior. Participants will then create their own personal vision board based on their insights. This workshop provides a hands-on opportunity for those getting ready to enter middle school to develop a stronger sense of self.

Min/Max: 6/12 R/NR\$50/\$75 Location: Lincoln Center Instructor: Ann Carlson, LCSW

Class #	Grade	Date	Day	Time
1270M62-01	6th	3/22	W	5:00-7:00pm