

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

True North Vision Board Workshop



Saturday, February 5, 2022

9:00 a.m. to 12:30 p.m.

Help Your Daughter Strengthen her Social and Emotional “True North”

True North Vision Board Workshop for Girls provides a great way for **6th grade girls** to enhance their social and emotional skills, including:

- Self-Awareness and Personal Guiding Values
- Managing Challenging Emotions
- Problem-Solving with Confidence
- Developing Healthy Friendship Skills with Empathy
- Cultivating a Growth Mindset
- Understanding the Personal Power of Kindness

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

Small group discussions, stress-relieving yoga, a vision board kit and takeaways will all be included in this fun and engaging morning!



vision board workshop

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 well-being of young people and their families.

navigateadolescence.org
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Our programs are inclusive and welcoming to all.

Location

Your electronic device via Zoom

This Year's True North Workshop 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.