

CHICK CHAT

Attention all 4th, 5th & 6th Grade Girls!

It is time for Chick Chat 2015

Sponsored by Helping Girls Navigate Adolescence (HGNA). Chick Chat is an opportunity for girls to gather for a day of grade level workshops focused on helping them develop their own unique sense of self. Girls will participate in yoga, team building activities & enjoy lunch together.



Saturday, March 7, 2015

9:00am to 3:00pm

Check-in begins at 8:30am

Herrick Middle School

4435 Middaugh, Downers Grove

Attendance is open to girls at any school in grades 4th-6th.

Parents! Parents are invited

to "Mom and Dad Chat" during the morning of Chick Chat. Parenting expert, Jill Hope is an internationally known author, motivational speaker, and founder of *I Shine* a family coaching practice located in Chicago. Her programs support parents in building inner confidence, self-esteem, and resilience in their kids. Mom and Dad Chat is 9 -11am in the Herrick Cafetorium.



Please visit www.hgna.org for more details or to register for either or both CHICK CHAT events!