

TriCity Family Services and Geneva Coalition for Youth Present:

Trek for Girls*

A Middle School Transition Program



Saturday, November 2, 2019
8:45 AM to 1:30 PM (Check-In 8:45-9:00)



How's life going for your 6th grader?

Starting a new phase in school can be stressful. Middle school is filled with transitions in social lives, interests, daily routines, and academic expectations. Your 6th-grade daughter may have questions, like:

- How can I feel a sense of belonging without changing who I am to fit in?
- How can I deal with friendship drama and social media?
- What can I do to limit 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 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 the tools to successfully navigate the ups and downs of middle school!

Trek is open to ALL 6th-grade girls from public, private, and homeschools. All parents are invited to a presentation from 9:15-10:45 a.m.

Trek for Girls is brought to you by:



Geneva Coalition for Youth

with the support of Geneva CUSD 304.

Questions? trek@tricityfamilyservices.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 learned a lot about friendships and how I'm going to be different in how I'm a friend."



LOCATION: Geneva Middle School South
1415 Viking Drive, Geneva

COST: Trek for Girls: \$25
Fee reductions are available based on need.

REGISTER BY 11:59 PM on 10/21/19 or View FAQ:
Click "Trek for Girls" in "Upcoming Events & Programs" at www.tricityfamilyservices.org