

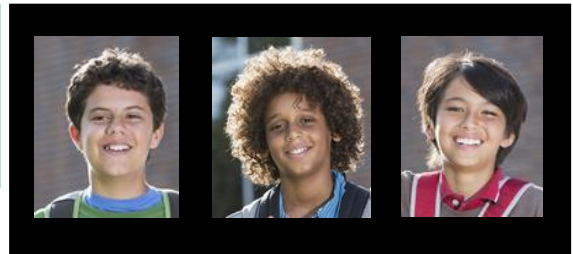
TriCity Family Services, Navigate Adolescence, and Geneva Coalition for Youth Present:

Trek for Boys* - From the Creators of Compass for Boys

A Middle School Transition Program



Saturday, November 13, 2021
9:00 AM to 12:00 PM



How's life going for your 6th grader during these *unusual times*?

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 son may have questions, like:

- How can I handle the increased pressure of homework/getting good grades?
- How can I feel a sense of belonging without changing who I am to fit in?
- What can I do to limit everyday stress?
- What steps can I take to manage the temptations/distractions of social media and gaming?

Trek for Boys is a fun and engaging workshop with opportunities to connect in small groups and pairs that will help your son create strategies to make middle school less stressful! He will learn more about his own unique qualities and ways to stay true to himself. Trek features break-out sessions professionally facilitated by male facilitators, games, and Q&A with a panel of high school boys. This workshop gives your son the tools to successfully navigate the ups and downs of middle school!



Virtual Workshop
Facilitated LIVE through ZOOM
with Supply Pick-Up in Advance
at TriCity Family Services in Geneva

When Registering:
"List Friends for Your Small Group to Virtually Participate Together"
OR
Choose the "Make New Friends" Option to Be Grouped with Others Seeking New Friendships

From past attendees:

- "I liked the **stress relieving** techniques."
- "I liked the part where we talked about making **friends**."
- "...I learned more about **social media** and the problems it causes."
- "I liked... the **high schoolers** talking about their **middle school experiences**."
- "I liked to have **fun** with people."

Trek for Boys is brought to you by:



Geneva Coalition for Youth

with the support of Geneva CUSD 304.

Questions? trek@tricityfamilyservices.org

*Curriculum by:



Our programs are inclusive and welcoming to all.

LOCATION: Your electronic device, using Zoom

This Year's Trek for Boys **COST: \$10**

Fee reductions are available based on need.

ALL 6th-grade boys from public, private, and homeschools are invited to

REGISTER BY 11:59 PM on 11/05/21.

Register: <https://secure.acceptiva.com/?cst=PyDvGE>

Free presentation for parents – Click title to register:

"Parenting Tweens & Teens Through Their Stress & Worries," 6:30-7:30 PM, 11/17/21

More Info at www.tricityfamilyservices.org