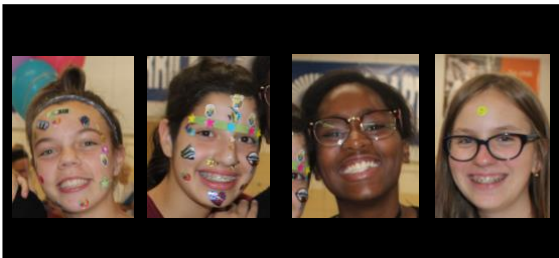


TriCity Family Services, Navigate Adolescence, and Geneva Coalition for Youth Present:

# Trek for Girls\* - from the creators of Compass formerly known as Chick Chat & CORE A Middle School Transition Program



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



## How's life going for your 6<sup>th</sup> grader during these *unusual times*?

Middle school is filled with potentially stressful transitions in social lives, interests, daily routines, and academic expectations. Your 6<sup>th</sup>-grader 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 with opportunities to connect in small groups and pairs 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 for Girls is brought to you by:



Geneva Coalition for Youth

with the support of Geneva CUSD 304.

Questions? [trek@tricityfamilyservices.org](mailto:trek@tricityfamilyservices.org)



Our programs are inclusive and welcoming to all.

**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 learned to not compare yourself to others and just **love who you are.**"  
"I liked the yoga because we **got to feel peace**"  
"**I learned a lot about friendships** and how I'm going to be different in how I'm a friend."

**LOCATION:** Your electronic device, using Zoom  
This Year's Trek for Girls **COST: \$10**  
Fee reductions are available based on need.  
ALL 6th-grade girls from public, private, and homeschools are invited to  
**REGISTER BY 11:59 PM on 11/05/21.**  
Register: <https://secure.acceptiva.com/?cst=AekpoZ>  
**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](http://www.tricityfamilyservices.org)