

# Are you ready for Middle School?

**Presenting:**

## C@RE

**\*Connecting to Ourselves  
for Real Empowerment**

**CORE\*** by HGNA\*\* is a fun and engaging workshop that will help you create strategies to make your transition to Middle School less stressful while learning more about yourself and staying true to your unique self! Featuring break-out sessions led by professionals and a panel discussion led by high school girls, this workshop gives you the tools to start the year strong!

CORE is open to ALL girls from both public and private schools who will be entering 6<sup>th</sup> grade. ALL parents are invited to attend the PARENT PRESENTATION at 4:00 p.m. — more details to come.

**CORE can help answer questions such as:**

- \* How will I handle the pressures of middle school?
- \* Will it be hard to make new friends?
- \* What if I lose my current friends?
- \* What if I don't have anyone to sit with at lunch?
- \* With all these changes, how can I be me?

**Register or View FAQ: [www.tricityfamilyservices.org](http://www.tricityfamilyservices.org)**

**Registration is open: May 26 — July 31, 2017**

**\*\* Helping Girls Navigate  
Adolescence, Inc.**

is a non-profit organization devoted to providing girls and their parents with the tools needed to navigate adolescence with confidence, resilience and kindness. For more information go to: [hgna.org](http://hgna.org).

**CORE by HGNA is brought to you by:**



**Family  
Services**

&



**Geneva  
Coalition  
for Youth**

*with the support of Geneva CUSD 304.*

**MARK  
Your Calendar:  
Thursday, August 10**

**Held at:**

Geneva Middle School SOUTH  
1415 Viking Drive, Geneva

**Check-in:**

**3:30 to 3:45 p.m.**

**Program:**

**3:45 to 8:00 p.m.**

**Cost:**

**\$25 per girl**

**Includes:**

**Healthy dinner ...  
& so much more!**

