

# Trek for Boys\*

## A Middle School Transition Program



Saturday, November 3, 2018  
9:00 to 1:30 PM



### How's life going for your 6<sup>th</sup> grader?

Middle school is a time of transition. Starting a new phase in school can be stressful. Your 6<sup>th</sup>-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 social media and gaming?

**Trek for Boys** is a fun and engaging workshop that will help him create strategies to make this transition 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 navigate the ups and downs of middle school!

TREK is open to ALL 6<sup>th</sup>-grade boys from public, private, and homeschools. All parents are invited to a presentation from 9:15-10:45 a.m.

Trek for Boys is brought to you by:



Geneva  
Coalition  
for Youth

with the support of Geneva CUSD 304.

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

\*Curriculum by:



Our programs are inclusive and welcoming to all.

### From a past attendee:

"I thought that TREK was fun, even though I didn't want to go when my mom told me about it."

(This testimonial also stated important lessons learned about social media and about friendships.)

### Location:

Geneva Middle School South  
1415 Viking Drive, Geneva

Register by 11:59 p.m. on 10/24/18 or

View FAQ:

Click "Trek for Boys" in "Upcoming Events & Programs" at [www.tricityfamilyservices.org](http://www.tricityfamilyservices.org)