

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

True North Vision Board Workshop for Girls

From the creators of Trek (formerly CORE) and Compass (formerly Chick Chat)



Saturday, February 6, 2021
9:00 AM to 12:30 PM



Strengthen Your Daughter's Social & Emotional "True North" In This Unusual Year

True North Vision Board Workshop for Girls provides a great way for 6th, 7th, and 8th-grade girls to enhance their social and emotional skills, including:

- Self-Awareness of Personal Guiding Values
- Managing Challenging Emotions
- Problem-Solving with Confidence
- Developing Healthy Friendship Skills with Empathy
- Cultivating a Growth Mindset
- Understanding Personal Power of Kindness

This workshop consists of small group break-out sessions which include mini-lessons, activities, facilitated discussions to relate mini-lessons to current experiences, and **conversation with peers** to provide girls with the opportunity to learn and share while having fun. **Small group discussions, stress-relieving yoga, a vision board kit, and takeaways will all be included in this exciting morning!**

True North is open to ALL 6th, 7th, and 8th-grade girls from public, private, and homeschools.

This workshop is brought to you by:



Geneva Coalition for Youth

with the support of Geneva CUSD 304.

Questions? compass@tricityfamilyservices.org

*Also brought to you by the creators of the curriculum:



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



NEW In Registration:
"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



LOCATION: Your electronic device, using Zoom
This Year's True North Vision Board Workshop for Girls **COST: \$15**
Fee reductions are available based on need.
REGISTER BY 11:59 PM on 1/29/21.
Register: <https://secure.acceptiva.com/?cst=FL2uK7>
More Info at www.tricityfamilyservices.org