**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 5, 2022**

9:00 AM to 12:30 PM

**Strengthen Your Daughter’s Social & Emotional “True North” During These Unusual Times**

**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:**

![TriCity Family Services](image)

&

![Geneva Coalition for Youth](image)

*with the support of Geneva CUSD 304.*

Questions? compass@tricityfamilyservices.org

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

![Navigate Adolescence](image)

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 Meet New People in the Workshop

**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 1/21/22.**

Register: https://secure.acceptiva.com/?cst=hvTG2W

Free presentation for parents – Click title to register:

“Parenting 4th-8th Graders Through Their Stress & Worries,” 6:30-7:30 PM, 2/7/22

More Info at www.tricityfamilyservices.org