

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 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>-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 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>-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](mailto: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 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 4<sup>th</sup>-8<sup>th</sup> Graders Through Their Stress & Worries," 6:30-7:30 PM, 2/7/22**  
More Info at [www.tricityfamilyservices.org](http://www.tricityfamilyservices.org)