

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



Compass for Girls

formerly known as Chick Chat

Saturday, February 5, 2022

9:00 AM to 12:30 PM



Virtual Workshop

Facilitated LIVE through ZOOM
with Supply Pick-Up in Advance
at TriCity Family Services in Geneva

Strengthen Your Daughter's Social & Emotional "Compass" During These Unusual Times

Compass for Girls provides a great way for 4th- and 5th-grade girls to enhance their social and emotional skills, including:

- Self-Awareness
- Managing Challenging Emotions
- Problem-Solving
- Developing Healthy Friendship Skills
- Becoming More Empathic
- Understanding Personal Power



When Registering:

"List Friends for Your Small Group to Virtually Participate Together"
OR
Choose the "Make New Friends" Option to Meet New People in the Workshop

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, crafts, a t-shirt, and take-aways will all be included in this exciting morning!**

Compass is open to ALL 4th- and 5th-grade girls from public, private, and homeschools.

Compass for Girls 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.

"After attending Compass, I now feel like I can..."

- "...express my feelings and thoughts because I learned how to be confident and strong" - 4th Grader
- "...solve many friend problems" - 4th Grader
- "...be calm and stay positive" - 5th Grader
- "...accomplish my goals" - 5th Grader

LOCATION: Your electronic device, using Zoom

This Year's Compass 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=bmC2Wd>

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