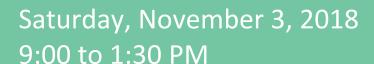
# Trek for Girls\* (formerly CORE by HGNA)

## **A Middle School Transition Program**



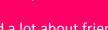
### How's life going for your 6<sup>th</sup> grader?

Middle school is a time of transition. Starting a new phase in school can be stressful. Your 6<sup>th</sup>-grade daughter may have questions, like:

- How can I feel a sense of belonging without changing who I am to fit in?
- How can I deal with friendship drama and social media?
- What can I do to limit everyday stress?
- How can I handle the pressure of doing more homework and getting good grades?

Trek for Girls is a fun and engaging workshop that will help her create strategies to make this transition less stressful! She will learn more about her own unique qualities and ways to stay true to herself. Trek features professionally facilitated break-out sessions, yoga, and Q&A with a panel of high school girls. This workshop gives your daughter the tools to navigate the ups and downs of middle school!

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



### Trek for Girls is brought to you by:





Geneva Coalition for Youth

with the support of Geneva CUSD 304.

Questions? trek@tricityfamilyservices.org

\*Curriculum by:



"I learned to not compare yourself to others and just love who you are."

From past attendees:

"I learned a lot about friendships and how I'm going to be different in how I'm a friend."

#### 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 Girls" in "Upcoming Events & Programs" at www.tricityfamilyservices.org

