

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

## A Middle School Transition Program



Saturday, November 3, 2018  
9:00 to 1:30 PM



### 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.

### From past attendees:

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

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

Trek for Girls is brought to you by:



Geneva  
Coalition  
for Youth

with the support of Geneva CUSD 304.

Questions? [trek@tricityfamilyservices.org](mailto:trek@tricityfamilyservices.org)

\*Curriculum by:  navigate  
adolescence  
Helping Kids & Parents Thrive

Our programs are inclusive and welcoming to all.

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](http://www.tricityfamilyservices.org)