

Register Now for:

# TRUE NORTH for 6th-8th Graders

## Helping Kids Find Their Way to Healthy Connections

### VISION BOARD FULL-DAY WORKSHOP

#### Finding Your True North — Vision Board Workshop

Who am I, and what do I stand for? As young people start to ask these questions, this workshop provides a great opportunity for reflecting on these important questions through guided discussions and activities on thoughts, values, emotions, and how they influence individual behavior.

Participants create their own personal vision board based on their insights. This workshop provides a hands-on opportunity for exploring goals and developing a stronger sense of self.



**TRUE NORTH** consists of small group break-out sessions which include activities, facilitated discussions, mini-lessons relevant to current experiences, and **conversation with peers** that provide participants with the opportunity to learn and share while having fun. 6th-8th graders will be grouped together. **TRUE NORTH** is facilitated by trained professionals and **includes engaging discussions, lunch, snacks, stress-relieving yoga, and a vision board kit!**

**SATURDAY, FEBRUARY 4, 2023**

**"After attending True North, I now feel like I can..."**

- "... recognize my personal growth and self worth"
- "... navigate middle school better and have better friendships"
- "... know what my different values are, know what I enjoy/love in my life"
- "... encourage everyone to be the best they can be"

The TRUE NORTH Workshop is brought to you by:



Geneva Coalition for Youth

with the support of Geneva CUSD 304.



Our Programs are Inclusive and Welcoming to All

**LOCATION:** Geneva MS South  
1415 Viking Drive

**TIME:** 9:00 AM - 3:30 PM  
(Check-In Starts at 8:45)

**COST:** \$15 Need-based fee reductions are available.

**CLICK TO REGISTER -or- SCAN:**

Register by Noon, 2/1/23, to guarantee a spot.

Choose to be grouped with friends or to meet new people.

Questions? Email to: [compass@tricityfamilyservices.org](mailto:compass@tricityfamilyservices.org)

