The distribution of this information and materials through the school district does not imply District 101 endorsement.

TREK for Sixth Graders

Helping your 6th grader address middle school challenges

HOW IS THIS YEAR GOING FOR YOUR 6th GRADER?

Middle School is filled with transitions in social lives, interests, daily routines, and academic expectations. Now that the initial transition to middle school is over, your child may be asking questions such as:

- **What can I do so I don't feel so stressed?**
- **How can I get everything done I need to do?**
- **What do I do if I mess up on social media?**
- **How do I figure out where I fit in?**

TREK is a fun, engaging workshop with activities and conversations in small groups and pairs to help your child answer these questions and more with strategies to make middle school less stressful. They will also learn more about their own unique qualities and ways to stay true to themselves.

TREK is facilitated by trained professionals and features a Q&A with a panel of high school students. This workshop gives your child the tools to successfully navigate the ups and downs of middle school.

SATURDAY, NOVEMBER 14, 2026

FROM PAST PARTICIPANTS:

"I liked the stress–relieving techniques."

"I learned that social media can be good or bad, you just have to use it right."

"I liked hearing the high schoolers talking about their middle school experiences."

The TREK Workshop is brought to you by:

TriCity 50+ PROVIDING FAMILY SERVICES SINCE 1967 & Geneva Coalition for Youth

with the support of Geneva CUSD 304.

navigate adolescence
Helping Kids & Parents Thrive

Our Programs are Inclusive and Welcoming to All

LOCATION: Geneva MS South
1415 Viking Drive

TIME: (8:45 Check-In) 9:00 AM-1:30 PM

COST: $20 Need-based fee reductions are available.

CLICK –OR– SCAN TO REGISTER
by 11:59 PM, 11/10/26, to guarantee a spot. Register to be grouped with friends or to choose to meet new people.

Questions? Email: trek@tricityfamilyservices.org