

Navigate Adolescence is a nonprofit organization devoted to supporting the social and emotional well-being of young people and their families

The Navigate 2021 New Program Line-up

COMPASS FOR BOYS AND GIRLS

Saturday, February 6, 2021 from 9 a.m. to 12:30 p.m.

The **Compass workshops** provide an opportunity for young people to connect with others outside the classroom and participate in activities and conversations designed to enhance skills such as self-awareness, managing emotions, problem solving, and developing healthy relationship skills. The workshops feature small groups professionally facilitated through Zoom and tailored to address this year's unique challenges.



Compass for Girls — Grades 4 and 5

[Click here to view flier](#)

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Compass for Boys — Grades 4 and 5

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New this Year:

True North Vision Board Workshop for Girls — Grade 6

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PATHWAYS YOGA SERIES

Thursdays from 7 p.m. to 8 p.m. On: 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22

Yoga is a fun and engaging tool to build self-awareness, promote inner and outer strength and flexibility, and experience more mindful, calm living. This all-new seven-week themed series was designed by local yoga instructors for 6th, 7th and 8th graders to explore how they can positively influence their physical, mental, and emotional energy. Sessions will be hosted by Yoga Among Friends, and livestreamed via Zoom with themes including handling stress and emotions as well as building confidence and compassion.

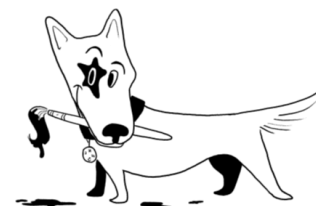


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NAVIGATING CREATIVITY

Calling all kids! Navigate invites you to participate in our monthly creative challenges. Each month, a new idea and creative challenge is presented. You then create your art, take a picture of it and email it to us. All submitted artwork will be posted in an online gallery on the Navigate website and winners will be selected each month by a guest panel of judges and shared via our social media outlets. Each month there will be a chance to win fun prizes for every age group.



[CLICK HERE TO VIEW THE JANUARY CHALLENGE](#)

Navigate provides scholarships for all programming
Contact us at info@navigateadolescence for more information

