



## **ACES: 1 day workshops for 4<sup>th</sup> & 5<sup>th</sup> grade girls!**

*NCO Youth & Family Services is offering a 3 part series of workshops for girls in 4<sup>th</sup> & 5<sup>th</sup> grades. Girls may attend one, two, or all 3 workshops. These are open to anyone, including past ACES participants. Please refer back to NCO website for registration. Workshop events are limited to 12 girls and will be filled on a first-come, first-serve basis.*

### **#1 Unfriendly Friends**

This is a one day workshop that will help girls understand and learn strategies for dealing with situations when friends don't always act like friends. Girls will explore "hot and cold" friend behavior, relational aggression, hurtful comments and actions from friends, as well as friends who suddenly don't want to "be friends" anymore. This workshop will help girls understand how girls can navigate the tricky world of friendship, in particular the confusion girls face when experiencing inconsistent treatment from their friends. Girls will learn what it means to be a true friend, and how to manage conflict when it comes up. There will be a craft included in the workshop that will help girls learn about living an authentic life and why self-esteem and confidence are necessary to go after the dreams you have for your life.

**Cost:** \$25 **When:** Friday, April 23<sup>rd</sup> **Time:** 5:30-8:30pm **Details:** Pizza will be provided.

### **#2 Safely "Surfing" the 'NET**

This is a one-session workshop for girls that focuses on cyber-bullying and fostering safe, responsible behavior while managing the Internet and other digital technologies. Come join us for a beach-themed night of learning, fun, and a lively discussion about internet safety. We will be watching a short video, making an exciting craft, and having an open discussion about the dangers that adolescents face when it comes to technology.

**Cost:** \$25 **When:** Saturday, May 15<sup>th</sup> **Time:** 5:30-8:30pm **Details:** Pizza will be provided.

### **#3 Standing Strong Anti-Bullying Workshop**

This night is all about having fun while learning strategies for dealing with bullies, building confidence and self-esteem, problem-solving, and making and keeping healthy friendships. Girls will learn how to stand up for themselves without being mean. During the workshop we will be showing *Chrissa Stands Strong*, an American Girl movie about bullying and relational aggression followed by a discussion and a fun jewelry making craft. Girls will learn all about what relational aggression is, how to handle bullying situations, how to not be a bystander, tools, tactics, and language to use to help stop bullying. This workshop will also teach girls different styles of communication and how to be assertive.

**Cost:** \$25 **When:** Friday May 21<sup>st</sup> **Time:** 5:30-8:30pm  
**Details:** Pizza will be provided. We ask that the girls bring a pillow and wear their comfiest PJ's/clothes

\*All events to be held at 1601 Bond Street, Ste 309, Naperville, 60563 (1 block west of Rt. 59 & Diehl)

\*Pre-registration required. Register online at [www.ncoyouth.org](http://www.ncoyouth.org). Contact Jennifer Waitkus at 630-961-2992 x407 or [jwaitkus@ncoyouth.org](mailto:jwaitkus@ncoyouth.org) with questions.