

# CHICK CHAT 2012

Calling All 4th-6th Grade Girls ...

## SEEK EXPLORE LEARN FIND

**CHICK CHAT 2012's** focus is helping your 4th, 5th, or 6th grade daughter develop her true sense of self in this one day, all-girl workshop that is different each year for each grade level.

Brought to you by Helping Girls Navigate Adolescence (HGNA), this year at Chick Chat, our trained and licensed facilitators will guide your daughters to:

- S**EEK out tools to form stronger relationships
- E**XPLORE their strengths during the action-packed Chick Chat Challenge
- L**EARN ways to make healthy decisions in small breakout sessions
- F**IND out how to develop their sense of self

In addition to facilitated breakout sessions and team building exercises, this fun-filled all girls retreat also includes:

- A guided icebreaker activity with a fun take home item
- A relaxing yoga session taught by local yoga experts
- Luncheon and healthy snacks keep your daughter fueled for the day

*Register online at [www.hgna.org](http://www.hgna.org) or see information on reverse side*

Herrick Middle School  
4435 Middaugh, Downers Grove



## PARENTS HGNA has something for you too! Mom and Dad Chat 2012

Dr. Michael Maniacci, published author, parenting expert, and licensed clinical psychologist, is the keynote speaker for this year's Mom and Dad Chat. In Dr. Maniacci's own words: "These are challenging times for everyone, children and young girls especially. This workshop will explore how to develop a strong sense of self in young women. Some of the key dynamics explored will be:

- Information overload
- The effect of early puberty
- The changing nature of goals and goal setting in children today"

Join us for Mom and Dad Chat from 9:00-11:00 in the Herrick Cafeteria. Chick Chat registration begins at 8:30am, so parents, after checking in your daughter, please join us for a light breakfast, coffee and conversation. Dr. Maniacci will begin the workshop for parents at 9:00 a.m.

*Register online at [www.hgna.org](http://www.hgna.org) or see information on reverse side*

**REGISTER NOW FOR CHICK CHAT AND MOM AND DAD CHAT 2012!**  
**Workshops fill up quickly, so register early — SPACE IS LIMITED!**

**There are two ways to register:**

**TO REGISTER ONLINE:** Go to [www.hgna.org](http://www.hgna.org) and click on: **“Register for Event”**

**OR, TO REGISTER BY MAIL:** Complete this form and mail it to: HGNA, P.O. Box 504, Downers Grove, IL 60515

Chick Chat Participant’s Name(s) \_\_\_\_\_

Each girl attending Chick Chat receives a T-shirt: Circle size(s) (use initials if more than one girl):

**Child sizes:** Small Medium Large **Adult sizes are also available for the girls:** Small Medium

Mom and Dad Chat Participant’s Name(s) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( \_\_\_ ) \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Email \_\_\_\_\_ Yes, I would like email confirmation of my registration \_\_\_\_\_

**Chick Chat**, \$20/girl **Mom and Dad Chat**, \$10 for one parent, \$15 for two parents **TOTAL PAYMENT \$** \_\_\_\_\_

Make check payable to HGNA. Scholarships available for those who qualify.

**Parent Permission for Chick Chat Attendance**

I give my permission for my child(ren) \_\_\_\_\_ to attend the Chick Chat event on March 10, 2012 at Herrick Middle School. I hereby release and indemnify Helping Girls Navigate Adolescence, Inc. (HGNA) and its officers, Herrick Middle School, the event sponsors and volunteers from any liability arising from any claims of any kind or nature whatsoever from my child’s participation in this event. I grant permission for the administration of first aid to my daughter by the people in charge of the event as their judgment deems advisable. I understand that I will be promptly notified in the event of any serious accident or illness. In the event I cannot be reached, I hereby give permission to the people in charge of the event, emergency personnel and physicians to secure proper treatment and to order injections, anesthesia, or surgery if deemed necessary for my child.

I give consent to the use of my child’s photograph/image, voice, written, and/or verbal statements by HGNA in publications, video taping, advertisements, brochures, websites, etc. I agree that HGNA may use my child’s photo without my permission for lawful purposes including the above. I further acknowledge that there is no agreement or promise on the part of HGNA to compensate my child or me in any way for the use of my child’s photograph. I hereby release HGNA from any and every personal or proprietary claim, demand, right or cause of action of whatever kind or nature, either in law or equity, arising from the use of my child’s photograph or image. I have read and fully understand the terms of this release.

The information presented at Chick Chat is provided as a service to the community. The information shared is not intended to serve as, or substitute for professional counseling. All information shared will be kept in strict confidence by all HGNA personnel unless matters which indicate possible harm to or by a participant are revealed.

Participant’s Name \_\_\_\_\_

Parent/Legal Guardian Name \_\_\_\_\_ Signature \_\_\_\_\_

Phone number where you can be reached during the event/Emergency contact (\_\_\_\_) \_\_\_\_\_

**Call 630-324-6532 or visit [www.hgna.org](http://www.hgna.org) for details.**

**A Special Thanks to our Sponsors:**

