

# INTRODUCING HGNA's K-3 FRIENDSHIP PROGRAM



Mark your Calendar for Saturday, March 4 for a  
New HGNA Program for Girls in Grades K-3  
From 10 a.m. to 12 p.m. at Indian Trail Elementary School

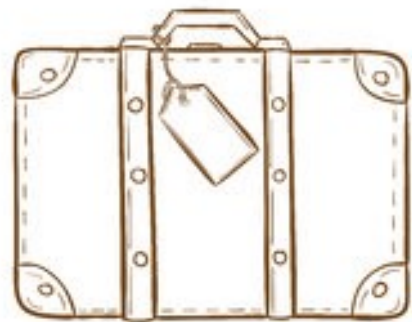
Learning how to be a good friend is a journey. Starting early can help to create the road map needed for your daughter to navigate healthy friendships throughout her life.

## **THE FRIENDSHIP PROGRAM FOCUSES ON:**

- Learning how your actions impact other people's feelings
- Learning what actions it takes to be a good friend, with emphasis on kindness, acceptance and empathy
- Exploring problem areas in friendships such as teasing, bossiness and exclusion
- Handling friendship challenges, BFF's, exclusion, cliques and whispered secrets

## **MAP-IT, PACK-IT, AND COMPASS**

Themed small group break-out sessions for grades K-1, 2 and 3, include lesson, crafts, and action-packed games that are delivered in a safe and nurturing environment, and provide girls with the opportunity to learn while having fun. Cost is \$18 per girl.



HGNA is a not-for-profit volunteer organization, founded in Downers Grove in 2005 and dedicated to empowering adolescents to achieve their fullest potential through education, advocacy and community collaboration.

**[CLICK HERE TO REGISTER](#)**

**For more information go to: [hgna.org](http://hgna.org)**