

# CHOICES

PROGRAM

Supporting youth to find the right direction in life.



Do you know a young person needing support at home, school or in the community?

It's not always easy to make the right choices. Youth need guidance, role models and to be surrounded by supportive people to find a better direction in life.

**The CHOICES Program is a Free, social skills program for youth aged 12-17.**

It encourages young people to think and act positively, build self-esteem and learn valuable life skills in a safe environment.

Group sessions are held weekly (10 weeks) with topics that include:

- Communication
- Decision Making
- Goal Setting
- Alcohol
- Coping Skills/ Marijuana
- Relationships
- Prescription Drugs
- Self-Respect
- Risk Taking/Social Media
- Graduation

Sessions are lead by community mentors, providing youth with someone to look up to and help them focus on the important things in life.

To learn more:

[tbaycounselling.com/en/child-youth](http://tbaycounselling.com/en/child-youth)

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