

YOUTH OPPORTUNITY CHOICES PROGRAM



CHOICES IS A **FREE** SOCIAL SKILLS PROGRAM FOR YOUTH AGED 12 – 17

Youth feel more confident and learn healthy coping strategies in a safe environment. Group sessions run every week for 10 weeks and include topics such as:

- COMMUNICATION
- DECISION MAKING
- GOAL SETTING
- ALCOHOL AND OTHER DRUGS
- COPING SKILLS
- RELATIONSHIPS
- SELF-RESPECT
- SOCIAL MEDIA

We've gone virtual! CHOICES is now offered over Zoom with interactive and engaging online sessions. Sessions are led by staff and volunteer role models who can support youth to find the right direction in life.

NEXT SESSION:

THURSDAYS

February 4th - April 15th, 2021

6:00pm to 8:00pm (no session on March 18th due to March break)

Thunder Bay Counselling via Zoom.

If you would like additional information, please contact:

Pia Heikkinen

Choices Program Coordinator

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(807)684-1871

To register a youth, please complete the [registration form](#).



Sister Margaret
Smith Centre



tbaycounselling.com

