

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

Sessions are led by volunteer role models who can support youth to find the right direction in life.

NEXT SESSION:

THURSDAYS

February 6th - April 16th, 2020

6:00pm to 8:00pm (no session on March 19th due to March break)

Thunder Bay Counselling · 544 Winnipeg Avenue

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](#).

