

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

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

NEXT SESSION:

THURSDAYS

October 7th - December 16th · Thunder Bay Counselling
544 Winnipeg Avenue · 6:00pm to 8:00pm

If you would like additional information, please contact:

Sarah Jerrard

Choices Program Coordinator
choicesprogram@tbaycounselling.com
(807)684-1871

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

