

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

NEXT SESSION (10 Weeks):

- **Tuesdays - February 6 to April 16, 2024**
(No session March 12)
- **6:00pm to 8:00pm**
- **Thunder Bay Counselling · 544 Winnipeg Ave.**

If you would like additional information, please contact:

CHOICES Program Coordinator
choicesprogram@tbaycounselling.com
807-684-1871

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