

# CHOICES

## PROGRAM

Supporting youth to find the right direction in life.

The CHOICES Program is a life skills program that supports youth to make positive choices.

We hope these life skills stay with them as they grow into adults and face outside influences at school and in their communities.

Unfortunately, making the right choices is not always easy for youth. They need guidance, role models and to be surrounded by supportive people to find the right direction in life.

Our Youth  
Deserve Better  
**CHOICES**

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 healthy coping strategies in a safe environment with other youth.

Topics include:

- Communication
- Decision Making
- Goal Setting
- Alcohol and other Drugs
- Coping Skills
- Relationships
- Self-Respect
- Social Media

Group sessions are held every week for 10 weeks and are supported by volunteer community role models.

The CHOICES Program is facilitated through Thunder Bay Counselling in partnership with St. Joseph's Care Group and Children's Centre Thunder Bay. Our qualified staff and volunteers are committed to helping young people to make positive life changes so that they can reach their full potential.

Thunder Bay Counselling is the leading provider of counselling, education and support services in the Thunder Bay area.

The CHOICES Program is for any young person who may benefit from social, life, or leadership skills at home, school, or in the community.

### CHOICES Program Coordinator

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