



# John Howard

SOCIETY OF HAMILTON, BURLINGTON & AREA



# Choices



The path you take, is your choice to make!

## Session 1

- Introduction
- Problem Solving & Decision Making

## Session 2

- Effects of Behaviour

## Session 3

- Media Influence

## Session 4

- Choices Around Substance Use

## Session 5

- Anger & Aggression

## Session 6

- Bullying

## Session 7

- Peer Pressure

## Session 8

- Review

654 Barton Street East  
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**SESSIONS HAVE GONE VIRTUAL!**  
Interested participants are strongly encouraged to have a device with Audio & Video capabilities

**For further information, or to book a screening, please contact:**

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This program is a cognitive-behavior based program for youth 12 to 17 years which is delivered in 8 group sessions. Focus is on important social skills relating to the costs and consequences of making positive and negative decisions. The program provides the youth with practical skills so they are better equipped to deal with day to day pressures they experience. Delivery methods include discussion, role plays, movies and written exercises.

Delivery of this program is altered based on the risk / needs and the ages of the individual group members.

The world we have created  
is a product of our  
thinking; it cannot be  
changed without changing  
our thinking  
~Albert Einstein~

