



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

- Anger vs. Aggression

Session 5

- Dealing with Anger & Aggression

Session 6

- Bullying

Session 7

- Peer Pressure

Session 8

- Review

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

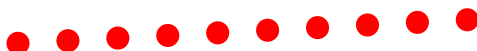
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This program is a cognitive-behavior based program for youth 12 to 17 years which is delivered in 8 group sessions. Focus is on important social skills relating to the costs and consequences of making positive and negative decisions. The program provides 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~