

CHOICES

The path you take, is your choice to make!

jhs

Hamilton,
Burlington & Area

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, videos and written exercises.

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



Topics Include:

Problem Solving & Decision Making

Effects of Behaviour

Media Influence

Choices Around Substance Use

Anger & Aggression

Bullying

Peer Pressure

We are located
at
654 Barton St. E
Hamilton, ON



[https://johnhoward.on.ca/hamilton/
services/youth-programs/](https://johnhoward.on.ca/hamilton/services/youth-programs/)

john howard society

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Choices is a program of the John Howard Society of Hamilton, Burlington & Area