

# CHOICES

The path you take, is your choice to make!



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

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

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<https://johnhoward.on.ca/hamilton/services/youth-programs/>

**john howard society**

Hamilton, Burlington & Area

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