



Choices for Change

provides prevention education for children and adults
impacted by drug or alcohol dependence.

**Wednesday evenings for 10 sessions
February 10, 2010 to April 14, 2010**

6:30 to 8:00 PM

Cost per family: \$150.00

Cost for one person: \$100.00

Cost per Teen: \$75.00

CHOICES FOR CHANGE Family Groups are 10-week sessions for children 5 years + and their parents to attain skills and information for positive changes in their relationships. Children and Teens are grouped according to age.

Topics covered include:

Effective Communication

Feelings and Defenses

Chemical Dependency

Active and Reflective Listening

Family Roles and Values

Anger Management

Letting Go of Co-Dependency

Who's at Risk for Chemical Dependency?

Problem Solving

Self-Esteem

FOR MORE INFORMATION CALL:

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