

REBOUND...



CHOICES Social Skills Program

CHOICES program is a pro-active group program where youth work to develop positive life skills for a successful future!

Through the CHOICES program, youth can build interpersonal problem-solving life skills by exploring such topics as communication, healthy relationships, bullying: bully/victim/bystander, conflict resolution, positive/negative stereotypes, goal setting and decision making.

The CHOICES program is open to all youth ages 12 – 17 who are interested in developing life skills and gaining the confidence to make positive change in their lives.

If you have any questions or would like this program run in your school or community, please contact Rachel for more information.



Contact:

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Strength of Character, Strength of Community