



Choices Challenge Ages 13+

Choices, we all make them every day, some are minor and do not have negative consequences others have the power to be life changing. Recreational Respite has developed a fun, interactive therapeutic recreation program to instill these skills in youth so they will understand the impact their every day choices on their own life.

Over the course of this 10 week program, the youth participating can expect to take part in several different activities that will build self confidence, learn about the significance of choices they make in everyday life, and to consider the consequences before making decisions.

Each session will have a theme where the participants will learn about making choices in that area of their life, such as:

- Building self esteem and confidence
- Healthy eating and exercise
- Drugs and alcohol
- Sexual health
- School and career
- Money management
- Time management

Various Locations

1.5 hour sessions for 10 sessions: times vary
Cost \$250.00+ HST (for all 10 sessions)

Registration only at 1-877-855-7070 or

recreactive@recrespita.com

Visit us for more information: www.recrespita.com

Space is Limited!