



## Making Choices Ages 16+

Full Day or Evening Sessions Available  
SNACKS PROVIDED

This group identifies the importance of talking about and putting into practice, making choices. Participants will discuss and engage in activities revolving around making choices in life and be able to identify the best choice of action in given circumstance and identify some positive and negative consequences of their choices.

**Topics will include:** *breaking the law, alcohol and drugs, sexual health, personal safety, finances, and healthy eating.*

**The activities involved include:** *yoga and meditation, health and lifestyle choices, sports and movement, meal preparation, life skill math, music, arts, science, and literacy learning activities.*

This program is run by our skilled Recreation Therapist(s).

The ratio of this program is 1:5

### Various Locations

Evening Program Times:

4:30-6:00pm or 6-7:30pm

\$150.00 for all 6 sessions

For more information: [www.recrespita.com](http://www.recrespita.com)

Registration only: 1-877-855-7070 or [recreative@recrespita.com](mailto:recreative@recrespita.com)

**Space is Limited!**