



Making Choices

6:30-8:00pm

September 21, 28 Oct 5, 12, 19, 26 Nov 2, 9 2016

(8 sessions)

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, light 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

St. Johns United Church

56 Victoria Street East, Alliston, ON

Cost \$240.00+ HST, per participant (all 8 sessions)

For more information: www.recspita.com

Registration only: 1-877-855-7070 or recreative@recspita.com

Space is Limited!