

REBOUND CHOICES

10
Weeks

Life Skills

Over the course of 10-weeks, youth will learn valuable life skills to help them communicate better, learn how to set meaningful goals, practice ways to say no to drugs and alcohol, and participate in coping strategy activities in a non-judgemental environment.

Strengths Based

Rebound Choices was designed to engage youth between the ages of 12-17 by presenting the information in a variety of ways! Youth will get to hear guest speakers, watch video documentaries, join in open discussions, and participate in hands-on activities.

2
Hours

12
Topics

Building Relationships

Rebound Choices uses a team of trained staff and community volunteers who encourage the youth to try new things and reach outside of their comfort zones to develop new skills in a supportive environment.

Youth Counsellor

Through a partnership with Lanark, Leeds and Grenville Addictions and Mental Health, The Rebound Choices program has a Youth Counsellor role that is built into the program. Over the course of the 10-weeks, the counsellor will introduce themselves to the youth and can provide 1-1 support for the youth or their families!

1-1
Support

RNJ Youth Services

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