

## More About YOUth Choose...

YOUth Choose is an evidence-based psycho-educational tool for early-stage mild or moderate users. It is conducted as a confidential, one-on-one three-part series, with an optional session for interested parent/guardians.

Teens can utilize this free service on their own or may be referred to the YOUth Choose sessions from either a parent, Probation Officer, School disciplinary officer, Police Diversion officer, or a Teen Court jury. The focus of the sessions is to address the youth's concerns, talk about good decision making and how to implement positive changes.



## CALL TODAY TO SIGN UP!

**WHAT:** Two 1-hour sessions between adult facilitator and youth (optional session for parent)

**WHEN:** Flexible Scheduling T-TH

**WHERE: 2 Site Locations**

EUREKA- Boys & Girls Club Teen Center, 939 Harris Street

FORTUNA- Fortuna Teen Court Office, 922 N St (door on 10<sup>th</sup> st)

VIRTUAL- As needed

**WHO:** Teens between the ages of 13-18 and interested parent/guardians

*We have 2 Locations*  
*EUREKA: 707-444-0153*  
*FORTUNA: 707-617-8160*

[www.bgcredwoods.org/youth-choose](http://www.bgcredwoods.org/youth-choose)



**BOYS & GIRLS CLUB**  
OF THE REDWOODS

## YOUth Choose: *Prevention for Substance Using Teens*



*FREE alcohol and other drug early intervention, psycho-educational sessions for teens*



**BOYS & GIRLS CLUB**  
OF THE REDWOODS

Eureka: 707.444.0153

Fortuna: 707-617-8160

[www.bgcredwoods.org/youth-choose](http://www.bgcredwoods.org/youth-choose)

## About the Sessions

We make choices every day. Sometimes our choices have unintended consequences or negative impacts upon ourselves and/or others.



In these interactive one-on-one confidential sessions we focus on raising awareness of problems and recommending specific changes, new skills, or activities. The youth participant leads the way in identifying the positive changes they will make.

### The Goal:

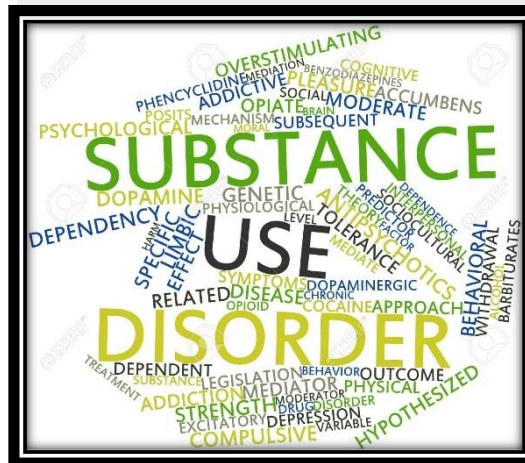
The goal is for participants to be able to make informed decisions and to choose the best options for their health and safety.

## Who Should Attend YOUth Choose?

- Youth who are engaging in alcohol or other drug use or are considering doing so
- Youth who have had some trouble with the law and are completing probation/court requirements
- Parent/guardians of youth fitting any of the descriptions above

## Sessions Cover:

- Choices and consequences
- Identifying resources and supports
- Empowering youth to make positive changes through an action plan
- Improving parent-teen relationships
- What parents can do to support their teen



YOUth Choose is a program run by the Boys & Girls Club TEEN COURT, with sites in both Eureka and Fortuna.  
**Boys & Girls Club TEEN COURT Mission:**

To provide early diversion opportunities for first-time, low-level juvenile offenses. We offer opportunities for all youth to positively contribute to their communities and empower teens to be accountable for their offenses through restorative justice processes. Teen Court accomplishes these goals through peer accountability, educational opportunities, youth leadership trainings, YOUth Choose substance prevention program, and a youth court where teen volunteers hear real juvenile criminal cases and determine a restorative sentence that Teen Court monitors.

Call today to set up a  
**YOUth Choose appointment**  
Eureka: 707-444-0153  
Fortuna: 707-617-8160