



Catholic Charities
of Eastern Virginia
Solving a crisis, Improving lives



CHOICES

Before any action we take – we have choices

WHAT ARE YOURS?

We tend to make choices at times that result in negative consequences. This class explains how to create choices that result in positive consequences.

PROGRAM TOPICS INCLUDE

- How to have a positive attitude
- Unintended consequences of poor choices
- Identifying stress triggers
- Managing stress in a positive way
- Managing your choices in an adult world

WHEN:

Thursdays 6:30PM – 8:30PM

(Doors open at 6:00PM)

6 sessions

July 31 Aug 07, 14, 21 Sep 4, 11

LOCATION:

Catholic Charities of Eastern Virginia

5361-A Virginia Beach Blvd.

Virginia Beach, VA 23462

ADDITIONAL INFORMATION:

- **FREE!**
- Open to ages 13-17, 18 if still in high school.
- A certificate is granted upon successful completion of the program.
- Registration required.

REGISTER:

(757) 533-5217 or classes@cceva.org

Catholic Charities of Eastern Virginia, Inc., serves all the community and does so without regard to race, gender, national origin, religion, age or disability in admission, treatment, or participation in programs, services and activities, or in employment.

CCEVA is a certified member of United Way of South Hampton Roads, the Virginia Peninsula, and Greater Williamsburg. Please designate your UW, CCC, CFC, CVC gift to CCEVA:



South Hampton Roads - #5014

Virginia Peninsula - #7013

Greater Williamsburg - #4106