

STOP

Students Taking an Opposite Path

- **Program Overview**

- Facilitated by Center for Family Guidance
- 5 weeks of group sessions (1 make-up session offered)
- Every Thursday @ Highland High School from 6:00 p.m. – 7:30 p.m.
- Maximum 12 students

- **5 Sessions-Topic Ideas**

- *Introduction – Program Overview*
 - *Getting to Know Me/How I Got Here*
- *Decision Making/Peer Pressure*
 - *Focus on Vaping, alcohol, marijuana, prescription drugs, hallucinogens, and methamphetamines*
- *Mental Health – Understanding depression and anxiety*
- *Addiction and Families*
- *Finding Your Purpose/Where do I belong?*

- **Program Dates:**

- Session I- October 3, 2019
 - 10/3, 10/10, 10/17, 10/24, 11/14. (Make-up date 11/21)
- Session II- December 5, 2019
 - 12/5, 12/12, 12/19, 1/9, 1/16. (Make-up date 1/23)
- Session III- February 13, 2020
 - 2/13, 2/20, 2/27, 3/5, 3/12. (Make-up date 3/19)
- Session IV- April 23, 2020
 - 4/23, 4/30, 5/7, 5/14, 5/28. (Make-up date 6/4)