

prime for life.



NORTHVILLE
YouthNetwork
helping to raise a community

**You can be
alcohol and drug free.**

What is Prime for Life?

Prime for Life is a free 6-hour, evidence-based training to provide youth ages 13-18 with an understanding of how alcohol and drug related problems develop, what we can do to prevent them, and why we need help and support to address them.

The program creates space for participants to identify their values, reflect on personal choices, and find the motivation to make important life changes.

It is designed to help participants change their drinking and drug use behaviors by examining beliefs, internal motivations and risk perceptions.

Prime for Life also provides youth with the skills and knowledge they need to reduce the risk of alcohol and drug-related problems throughout their lives.

Ultimately, Prime for Life teaches participants how to protect the things they value most in life through positive lifestyle choices.

Prime for Life Provides:

- Instruction and facilitation by a certified instructor with lived experience.
- Judgment-free discussion and reflection.
- Autonomy - no one is going to tell YOU what to do with YOUR life.
- Guided learning about values, impact, and choice that's engaging - not boring.
- Space to explore different perspectives without shame or guilt.

**November 18 & 25,
December 2 & 9
6-7:30PM**

**Northville Community Center
303 W. Main Street**

Offered in partnership with:



There is no cost to participate. Participants must attend all four sessions and registration is required at:

www.bit.ly/nynprime

Or here



For more information contact Northville Youth Network at 248-344-1618 or visit www.northvilleyouthnetwork.org