





## LifeSkills Training

LifeSkills Training is a substance prevention program that focuses on the overall well-being of youth and offers healthy alternatives to risky lifestyle choices. This program is different from other programs that focus exclusively on the dangers of substance use because it also helps youth develop skills needed to resist substance use:

- Self-confidence
- Resisting peer-pressure
- Coping with anxiety
- Making decisions
- Communication skills
- Assertiveness



Communities That Care partners with Columbus Youth Camp to offer LifeSkills Training at the after-school Beacon program at both Columbus area middle schools. Communities That Care also partners with Columbus Youth Services Center to offer LifeSkills Training to groups of youth at their agency. The Boys & Girls Club is a partner of Communities That Care for the 2016-2017 fiscal year for the LifeSkills Training program with their Teen program.



## Research:

- Carefully designed to target primary causes of substance use
- Uses a variety of teaching methods, with proven skills-training methods
- Program effectiveness published in peer-reviewed scientific journals and presented at national health conferences
- Program works with a diverse range of students

## Contact Us

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