

# CHANGES

## SUBSTANCE ABUSE PREVENTION PROGRAM

The Changes Substance Abuse Prevention Program (CSAPP) uses evidenced-based material, peer mentors, healthy activities and service learning to guide teens and parents toward healthy coping skills.

Providing early recognition, prevention and education strategies for high school teens. The program is designed to:

- *Help teens and their parents recognize an alcohol and/or drug problem*
- *Explore the potential risks of alcohol and/or drug use*
- *Provide prevention education material*
- *Offer eight weeks of substance abuse counseling and education*
- *Guide teen toward healthy peer activities*
- *Increase healthy communication between parents and their teens*
- *Teach parents strategies to improve family relationships*
- *Guide parents on drug-testing options*
- *Offer information to determine the need for further care*

Separate parent and teen 90-minute groups offered weekly

Groups led by professional therapists & Program Director Dr. Greg Allen, LMFT

Personal individual and family therapy options are also available.

**For more information or to download a program application; visit  
[www.freedomcommunity.com](http://www.freedomcommunity.com), email: [admin@freedomcommunity.com](mailto:admin@freedomcommunity.com)  
or call: 800-501-9801**

Sponsored by:



**Freedom4U's vision is that all youth will have opportunities to find their passions and purpose in life, thereby reducing risky lifestyles.**

Freedom4U's mission is to identify, develop and release the potential of youth into their life purpose by offering peer-driven healthy activities such as creative arts, life skills, service projects, and leadership opportunities to youth.

### **Substance Abuse Prevention Services:**

- Substance abuse prevention groups, seminars and programs for youth and parents
- School-based counseling services in substance prevention and social-emotional areas
- Social youth activities that are creative, safe and fun

Freedom4U is incorporated as a Nonprofit Public Benefit Corporation 501(c)(3) in the State of California for Educational purposes. Freedom4U is not affiliated with any political or religious group. Donations & Gifts are tax deductible.

