

U-Turn for Youth

- **Made the decision to quit using drugs and/or alcohol?**
- **Having difficulty in school while trying to recover from drug and/or alcohol addiction?**
- **Trying to get away from drug associated friends?**
- **Working to rebuild trust with loved ones?**
- **Trying to make a fresh start?**



Benefit from the support of others who are going through the same experiences.

U-Turn is a voluntary support group for youth who have made the decision to quit using drugs or alcohol. The ability to successfully quit using drugs and/or alcohol often involves making difficult changes in many areas of one's life.

As adolescence can often be a difficult period of life under the best of circumstances, recovering from alcohol and drug addiction can be particularly difficult for youth. Once getting over physical withdrawal symptoms that may be present, youth must often face the negative influences of their drug associated friends. To continue in their recovery, many youth must make difficult decisions to end old relationships and seek out positive new relationships. The idea of building new relationships, without the aid of alcohol and drugs to build rapport and social confidence, can be very frightening for youth recovering from drug and alcohol addiction.

In addition to providing drug and alcohol awareness education, U-Turn provides youth with a supportive social outlet, as they work on rebuilding their social skills and self confidence.

For More Information or to Register, Call: 780-410-8616 or Email: contact@pepsociety.ca