

1933 North 1120 West
Provo, Utah 84604
800-208-7780



PRIME For Life Risk Reduction Program

The first goal of the program is to help each participant in the program reduce the risk for any type of alcohol or drug problem. The second goal focuses on self-assessment to help people understand and accept the need to make changes to protect the things most valuable in their lives.

PRIME for Life does not moralize or dictate. We believe that people have good reason for their beliefs and behaviors. We also believe that with new information, time to process it, and support for change, most people are willing to explore new beliefs and change behaviors- is the information is valid, the support is genuine, and the benefits are clear.

No one chooses to have problems with alcohol or drugs, such as failing in school or losing career opportunities, money, trust, freedom of self-respect. Yet every day, people lose these kinds of things due to high-risk alcohol and drug choices. They party to feel good. They do not choose the problems that are hidden in the high-risk choice. Yet, problems are often unavoidable when we make high-risk choices.

Because we never plan to experience problems, we tend to believe that any problem is a fluke. We think that if we are careful enough, we can keep problems from happening. But problems happen unexpectedly. And when they do happen, we can lose a lot. But these problems-these losses- do not have to happen; they can be prevented.

- The **PRIME For Life Course** is a 6-week block course offered through **The Journey** on Tuesdays from 3:00-6:00pm.
- The cost for the course is **\$175.00**.
At least \$100.00 needs to be paid on the first day of class, and the remaining balance must be paid before you can complete the program.
- If you miss one of the 6 classes, you will be expected to make up that class on the Friday of that same week. An additional \$25.00 late-fee will be charged if you missed your assigned Tuesday class.
- If you miss any of the 6 scheduled Tuesday classes and are unable to attend the Friday make-up class, you will need to repeat the ENTIRE course again. (Which means you will need to wait another month, and the \$25.00 late fee will apply as well)
- **For further questions regarding the course please contact:
Kate 801.400.6323 or Abe 435.469.1435**