



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.

Welcome!

- The **PRIME for Life Course** is an 8 week block course offered on Fridays from 4-6:00pm for adolescents.
- The cost for the course is **\$175.00**. There is also a **\$25.00** fee for your PRIME for Life book. A total of **\$200.00** must be paid in full before starting your PRIME for Life class.
- If you miss one of the 8 classes, you will need to re-enroll for the following upcoming cycle and can start in the class you missed and proceed from there. Classes are built upon each other and need to be taken in consecutive order. You will need to repay the \$175.00 fee.
- For further questions regarding the course please contact:
Chelsea 801.801.885.7245 or Daniel 801.615.3530