

Empowering Your Choices with Maternity Care Coalition



Empowering Your Choices (EYC) is a trauma-informed, decision-making model workshop adapted from the Power Through Choices curriculum centered around healthy decision-making and healthy choices.

The EYC Program provides youth with comprehensive healthy relationships and reproductive health education to promote physical, emotional, and psychological well-being.

EYC supports youth and adolescents (ages 13 to 19) in educational facilities, community-based settings, and systems of care in the areas of:

- Self-empowerment
- Knowledge and understanding of their sexual health and reproductive health
- The importance and impact of choices on an individual's future

EYC can be delivered in-person and/or virtually through one of the following options:

- A one-time workshop (45 or 90-minute session)
- A two-session series
- A six-week series

Empowering Your Choices (EYC)
Virtual Sessions



To register for the upcoming virtual series, please scan the QR Code.