



2277 22nd Avenue

Columbus, NE 68601

Phone: 402-562-0400 Fax: 402-562-4001

## **Responsible Decision-Making Class**

*It's all about the little choices you make each day!*

**2024 Class Cost \$65.00**

ADULT	Saturday January 20	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday February 10	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday April 20	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday June 8	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday August 27	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday October 12	8:00 a.m. – 2:00 p.m.
YOUTH	Saturday December 7	8:00 a.m. – 2:00 p.m.

## ***Class Description***

- Understanding your Behavior
- Recognize & manage your high-risk situations
- Self-talk filters that lead to good decisions & responsible behavior
- Handle difficult feelings & explore the influence of body signals
- How to do a behavior check on problem behaviors

### **How do I register for the class?**

Class size is limited and will be filled on a first come first serve basis. We have a minimum class requirement size of 4 people. To secure your place in the class, payment must be received upon registration. We must receive your payment and paperwork no later than the Wednesday prior to the class date. Refunds will NOT be given for a no-show or late cancellation, less than 48 hours prior to the class, you must call and leave a message at 402-562-0400. If you don't, to take the next class you will be charged a \$30.00 no-show fee.

You will receive a certificate upon completion of the class.