

ADAC

ALCOHOL & DRUG ABUSE COUNCIL FOR SOUTH LOUISIANA

LIFE SKILLS TRAINING

(15 week science based program)

TOPICS INCLUDE:

- Self-Image & Self-Improvement
- Making Decisions
- Smoking: Myths & Realities
- Smoking and Biofeedback
- Alcohol: Myths & Realities
- Marijuana: Myths & Realities
- Advertising
- Violence & The Media
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Social Skills {part A}
- Social Skills {part B}
- Assertiveness
- Resolving Conflicts

Program is proven to reduce tobacco, alcohol, and other drug use.

For more information about this program, please call the
Alcohol & Drug Abuse Council (ADAC) @ 985-879-2273.