

START for Life Skills Training

This is a life skills development program for individuals aged 18+, that helps enhance the social skills necessary for good interpersonal communication, anger control, and decision-making. The program includes activities such as reflective discussions, role modeling, and demonstrations.

About the Program

START for Life (Success through ART®—Aggression Replacement Training®) uses ART®, a cognitive-behavioural intervention consisting of three components: Social Skills Training (behavioural), Anger Control Training (affective), and Moral Reasoning (cognitive). The program targets aggressive and violent behaviour by providing new skills, incorporating how we think and behave to foster healthier living. The program is:

- Tailored to the learning requirements of the participants.
- Program activities include reflective discussions, role modelling, and demonstrations.
- The program runs in sessions over a 3-week period on Saturdays from 10 a.m. to 4:00 p.m., and include:
 - 15 training hours done via 6 group sessions
 - 8 individualized sessions
 - Certificate of completion



- The registration fee is \$300, but payment options can be arranged for those in need.
- A full list of available sessions can be found on the Tropicana website.

Eligibility

- Participants must be aged 18 years or older.

To learn more or to apply
for this program, go to
mytropicana.ca/start



Funded by