

## Learn more about the CHOICES program:

CHOICES is intended to help people get ahead by helping them change their mindsets and attitudes. The goal is not about learning to live with what a person has. The goal is learning what a person wants and making the decision to change. CHOICES helps people become aware of their potential, adopt an attitude of success and make positive choices for themselves and their families.

*“Helping others  
strive for  
excellence.”*



### Next Steps:

If you, or someone you know, is interested in learning more about the CHOICES program, please contact us today:

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or

**Brenda Randall, Life Skills Program  
Coordinator**  
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### CFH would like to thank the following sponsors of the CHOICES program:

Sun Trust Bank  
Freedom Bank  
PNC Foundation  
Dominion Virginia Power  
Foundation for Financial Planning



UW#:8382

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# CHOICES

*A Life Skills Program that  
teaches skills needed to make wise  
decisions and better choices to  
achieve self-sufficiency.*



# CHOICES

CFH (Catholics for Housing) is a non-profit, non-denominational organization serving the Northern Virginia area. CFH is dedicated to creating opportunities to help people experience success and move forward in their lives.

*Life is about  
choices  
and  
consequences.*

Poor choices often place individuals and families in serious situations needing assistance with providing food, housing and other basic needs. Such choices often prevent them from developing their full potential. Most poor decisions are a result of having inadequate information, inadequate education or training, and too often, living what they learned. Therefore, moving from poverty situations toward self-sufficiency first requires a commitment to change.

People have to choose to do things differently or they simply repeat what they've always done. But change doesn't happen in a vacuum. CHOICES is a program designed to teach skills that motivate and inspire change.

CHOICES teaches basic life skills necessary for individuals and families to move from dependence to independence and for some, needing affordable housing to a goal of home ownership.



## **CHOICES Curriculum:**

CHOICES provides a 16-week program. However, it can be tailored to meet the needs of your participants, e.g., modules can be broken up and offered as individual workshops. The program culminates with a graduation. The 4 modules of CHOICES will create opportunities for success.

1. Financial Management - This module addresses spending habits, budgeting, banking and general best practices for short and long-term planning.
2. Employment Readiness - Students are encouraged to pursue their dreams. They are provided with guidance on resume writing, completing applications and interviewing.
3. Physical Well-Being - Presented in this module are the benefits of living a healthy lifestyle, nutritional awareness, emotional well-being and the importance of physical activity.
4. Building Good Relationships - Healthy relationships are vital in all aspects of life. In this module topics covered include positive parenting, cooperative relationships with landlords and supervisors, good communication skills, and setting boundaries.

## **How it works: CFH will:**

- Provide an overview of the program to any interested individual or organization
- Provide marketing materials to assist in recruiting trainers and participants
- Train the trainer(s) to teach this program to people in the community (OR, teach the program for the sponsoring organization)
- Provide training materials for the trainer and workbooks for the students (*a fee is attached to cover the cost of printing, training the trainers, support and oversight of the program*)
- Be available for technical support throughout the training, as well as during the 18 month follow-up period
- Collect and report back on data received from the trainings offered
- Provide quality assurance to ensure information remains current and accurate

**CHOICES,  
CHANCES,  
CHANGES.**

***Make a choice to take a  
chance or your life will  
never change.***