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Alt Route offers three groups that focus on skills-building, education, and empowerment for healthy decision-making.



SPORT GROUP (13-18 YEAR OLDS)

SPORT (Alcohol/Drug) Prevention Plus Wellness (PPW) is a one-session evidence-based screening and brief intervention that prevents substance use and promotes physical activity, sports, healthy eating, sleep and stress control among youth.

MPOWERMENT GROUP (18-24 YEAR OLDS)

Mobilizes young gay and bisexual men to reduce sexual risk-taking and encourages HIV testing and positive social connections. Mpowerment educates about safer sex, provides a safe social environment, and provides condoms.



THINK TWICE (18-24 YEAR OLDS)

Single-session, individual-level intervention that promotes informed decision-making around partner selection and HIV risk reduction among men who have sex with men.

For more information about Alt Route's groups, contact:
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