

Parent-Child Assistance Program (PCAP)

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE
Fetal Alcohol & Drug Unit, 180 Nickerson Street, #309
Seattle, Washington 98109 (206) 543-7155

Pros and Cons Activity

- Record the pros and cons *in the client's own words*, NOT in your words. The ideas should come from her; the decision is in her hands.
- Keep the completed pros and cons document and revisit it with the client when the problem/issue comes up again.

Example:

PROs

CONs

Stay with boyfriend?

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Move into transitional housing?

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