



Healthy Relationships Program

Program Overview

Small group program that builds social and emotional competencies and reduces violence and related risk behaviours

Delivery of Program	Skills-Based Programming	Implementation support
Programming was originally developed for in person delivery but has been adapted to virtual settings. Support for this adaptation is provided.	Teaches skills such as: communication; how to give an apology; help-seeking for yourself or a peer; responding to peer pressure; safety planning	Ongoing support is available to agencies and facilitators providing HRP programming
Training	Languages Available	Length of Program
All facilitators must be trained in HRP programming. Training costs are being covered by funding from the Public Health Agency of Canada (2020-2021).	Program curriculum is available in English and French	16-hour long sessions (delivered once a week or in 2-hour long sessions over 8 weeks or any other combinations can be agreed) *All 16 sessions must be completed*

HRP-Enhanced	HRP- LGBT2Q	HRP-Newcomer	HRP-Indigenous
Focuses on more complex needs of youth and includes a trauma-informed lens	Offers an identity-affirming approach that addresses specific challenges like navigating the coming out process	Addresses migration journeys and unique lived experiences of Newcomers	Incorporates traditional Indigenous knowledge into programming

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