

FREE Healthy Relationships Plus (HRP) Program During March Break

The Healthy Relationships Plus Program teaches skill-based strategies to:

- Promote healthy relationships, attitudes, and boundaries
- Develop and improve communication skills
- Build resilience
- Learn coping strategies

Students will also take part in activities toward developing leadership skills, problem-solving, media literacy and self-awareness.

HRP is:

- An evidenced-based small group program
- Created by researchers, educators, and psychologists
- Developed and supported by Western University's Centre for School Mental Health
- Led in west Mississauga by a local guidance counsellor, Mrs. Parmar

Participants will receive:

- 12 hours of Community Service!*
- A Certificate of Completion!*

*Students must attend on both days and actively participate to receive community involvement hours and the certificate.

WHEN?

Monday, March 11 &
Tuesday, March 12
9 a.m. - 3:15 p.m.

WHERE?



The Dam: Develop Assist Mentor, 6975 Meadowvale Town Centre Circle (behind Shoppers Drug Mart)

REGISTER NOW

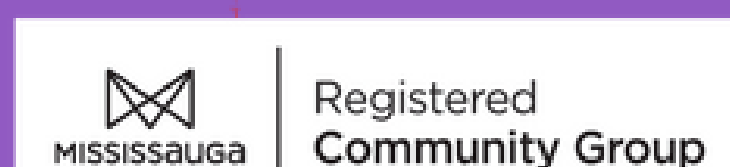
Space is limited:

onpathway.me/HRP2024MARCH



SCAN ME

PROVIDED BY



Youth-Centered

Mental Health promotion & awareness

Skills Practice

Promotes Positive, Healthy Relationships