

# FREE Healthy Relationships Plus Enhanced (HRP-E) Program

for Newcomer Youth (who arrived in Canada in 2022 or later) attending a Mississauga high school

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

- Promote healthy relationships, attitudes, and boundaries
- Develop and improve communication skills
- Build resilience
- Cope better with anxiety and stress

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

### This HRP-E Program is:

- Best suited for students in ESLD/E or mainstream English
- 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 by a local high school guidance counsellor
- Funded thanks to the City of Mississauga

### Participants will receive:

- 18 hours of Community Service!\*
- A Certificate of Completion!\*

\*Youth must attend all days and actively participate to receive community involvement hours and the certificate.

### WHEN?

Thursday, August 1  
Friday, August 2  
Tuesday, August 6  
9 a.m. - 3:15 p.m.

### WHERE?

Polycultural Immigrant & Community Services,  
Sheridan Centre  
2225 Erin Mills Parkway  
Phone: 905-403-8860

## REGISTER NOW

Space is limited:  
[onpathway.me/2024HRPE](https://onpathway.me/2024HRPE)

## SCAN ME



### THANK YOU TO SUPPORTERS



**POLYCULTURAL**  
IMMIGRANT & COMMUNITY SERVICES



MISSISSAUGA | Registered  
Community Group

Youth-Centered

Mental Health promotion & awareness

Skills Practice

Promotes Positive, Healthy Relationships

