

# 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!\*

\*STUDENTS MUST ATTEND ALL DAYS AND ACTIVELY PARTICIPATE TO RECEIVE COMMUNITY INVOLVEMENT HOURS AND THE CERTIFICATE.

## REGISTER NOW

Space is limited:  
[onpathway.me/hrpe2025](https://onpathway.me/hrpe2025)

## WHEN?

Monday, March 10  
Tuesday, March 11  
Wednesday, March 12  
9 a.m. - 4 p.m. everyday

## WHERE?

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

## THANK YOU TO SUPPORTERS



**POLYCULTURAL**  
IMMIGRANT & COMMUNITY SERVICES



Youth-Centered

Mental Health promotion & awareness

Skills Practice

Promotes Positive, Healthy Relationships

