



THE  
TODAY  
CENTRE

Family violence help starts today

The Today Centre is a nonprofit family violence help centre that assists those in our community who are experiencing or have been impacted by family violence.

# HEALTHY RELATIONSHIPS WORKSHOP

## FOR SENIOR HIGH AGED SCHOOL GROUPS



The Today Centre offers Healthy Relationship Workshops for Senior High aged school groups that align with the learning outcomes outlined in the Career and Life Management portion of Alberta's curriculum.

### 1 PERSONAL CHOICES

- Identifying characteristics of healthy and unhealthy relationships
- Exploring communication, trust, safety, and intimacy in healthy and unhealthy relationships
- Developing essential skills to maintain healthy relationships
- Identifying expressions of jealousy and managing jealousy in healthy ways
- Learning healthy ways to resolve and deal with conflict within relationships

### 2 RESOURCE CHOICES

- Identifying sources of social support
- Discussing consent within relationships
- Maintaining and identifying boundaries

### 3 CAREER AND LIFE CHOICES

- Develop strategies to managing significant change in relationships

## Helping Teens...

**Recognize** unhealthy relationships

**Respond** with support

**Refer** to help with resources

## About the Workshop

 1-2 Hours in Duration

 Offered in Person


 Aligns with Alberta Education

Using a combination of foundational learning sessions mixed with hands-on activities and videos, this workshop explores healthy vs unhealthy relational choices as they address communication, trust, safety, jealousy, disagreements, intimacy, consent, boundaries, and sharing feelings.

**CONTACT SARAH FOR MORE INFORMATION**



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