



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 CHILDREN AND YOUTH



The Today Centre offers Healthy Relationship Workshops for children and youth that help them develop essential skills for maintaining healthy relationships and promoting healthy relationships for themselves and others.

1 RELATIONSHIP CHOICES

- Identifying characteristics of healthy and unhealthy relationships
- Analyzing healthy choices within relationships
- Developing essential skills to maintain healthy relationships

2 UNDERSTANDING AND EXPRESSING FEELINGS

- Exploring communication, trust, safety, and intimacy in healthy & unhealthy relationships
- Learning healthy ways to resolve and deal with conflict and disagreements
- Identifying expressions of jealousy and managing jealousy in healthy ways

3 SAFETY AND RESPONSIBILITY

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

Helping Youth...

- Recognize** unhealthy relationships
- Respond** with support
- Refer** to help with resources

About the Workshop

 1-2 Hours in Duration

 Offered in Person


 Age-Appropriate Learning

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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