

our PROGRAMS

Healthy relationship research shows that having healthy relationships builds self-esteem, improves mental and emotional health, and helps people live a fuller life.* Since 2001, FTP has reached thousands of kids through our Youth Education programs. These interactive and engaging programs strive to teach youth the importance of healthy, respectful relationships that are free of violence.

These programs are largely funded by fundraised dollars, and the pricing below reflects a minimal cost recovery model. By investing in our programs, you are making a difference in the lives of your students.

¹ thenationshealth.aphapublications.org/content/41/2/20.full

School Based Programs \$575/8 lessons



Grade 5



This program explores the link between stereotypes, discrimination, intolerance and bullying. Students learn and practice skills to facilitate behaviour change.



Grade 6



Students explore and practice the use of empathy to build healthy relationships. Students examine key issues that empathetic behaviour can assist with, including divorce, death and bullying.



Grade 7



This program promotes personal safety through development of healthy relationships. Students learn to build and maintain healthy relationships through effective communication, emotional self-regulation and the safe use of communications technology.



Grade 8



Examines the importance of having a positive personal image through the use of self-esteem building activities. Students will explore topics that can impact an individual's self-esteem and how that can affect daily decisions.

Grades 7/8 small group (8-16 students)



This is a group for students requiring some extra support due to social, or personal issues. The school may select the participants and have them attend the group with the consent of a parent. This type of group provides learning that helps increase personal image as well as independence through responsible decision making and problem solving. Group lessons may run during class time, on nutrition break, or before or after school.



Grades 9-12 Social Justice Program

Through the use of a gender analysis lens, students explore current social issues and how they impact people's lives and society. Topics include domestic violence, sexual assault, discrimination and mental health. Different strategies will be explored and discussed to provide tools for students to use in order to create healthy relationships for themselves and within their community.



Assembly Style Presentations

Assembly style or single class presentation.
Subject matter flexible to meet school needs.

\$1,000-1,500

(depending on number of students and customization)

After School Programs



BreakThru & I'M Girl gender specific groups (age based on registrants)

BreakThru (for boys) and I'M Girl (for girls) are groups in which participants gather to discuss and learn about dealing with issues and problems they are experiencing. Self-esteem, emotional self-regulation, communication and problem solving are all topics of conversation.



Media and Its Impact on Youth

Parent Workshops

Two one-hour workshops to choose from: *Bullying: A Relationship Issue* or *Media and Its Impact on Youth*. After exploring each topic in depth, strategies, tips and tools are given as resources to help support your child. Choose to offer this to your parent council or open it up to parents in assembly style format. *More info is available upon request.*

\$500 | one hour presentation

Have questions? Please contact Lynette Pole-Langdon at 519.942.4122 x 234.
Ready to book? Payment required at time of booking. Credit card or cheque are accepted forms of payment. Please register online at www.familytransitionplace.ca.

Safety. Support. Hope.

Building healthier relationships – one student at a time.