

The benefits of social connections are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. Strong, healthy relationships can also help to strengthen your immune system, help you recover from disease, and may even lengthen your life.<sup>1</sup>

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.



## School Based Programs: \$600 for 8 lessons

<sup>1</sup> <https://www.betterhealth.vic.gov.au/health/healthyliving/Strong-relationships-strong-health>



### Grade 5



This program explores the link between stereotypes, discrimination and unhealthy relationships. 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 diversity, family issues and unhealthy relationships.



### 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.

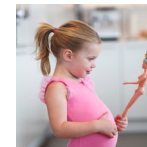


### Assembly Style Presentations

Assembly style presentations.  
Subject matter flexible to meet school needs.

**\$1,000-1,500**

(depending on number of students and customization)



### Parent Workshops

These one-hour workshops can be done on a wide range of relationship-based topics:

- Bullying: A Relationship Issue
- Social media
- Mainstream media (e.g., TV, music, video games)

Choose to offer this to your parent council or open it up to parents in assembly style format. More info is available upon request.

**\$600 | one hour presentation**

### Have questions?

Please contact Travis Greenley at 519.942.4122 x 238.

### Ready to book?

Please register online at [www.familytransitionplace.ca](http://www.familytransitionplace.ca).  
Payment required at time of booking. Credit card and cheque are accepted forms of payment.