What is HRPP?

The Healthy Relationships Plus Program (HRPP) is a small groups program with additional emphasis on mental health, suicide prevention, and addiction prevention.

16 one hour sessions that can be facilitated by community professionals, counsellors or educators.

The skill-based strategies promote healthy relationships and target a wide range of adolescent risk behaviours.

Assisting youth in making responsible choices can play a crucial role in promoting positive mental health and reducing harmful behaviours.

Beyond skills, the HRPP develops critical thinking, self-awareness, problem-solving and promotes healthy attitudes.