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.

14 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.

Why HRPP?

- Enables effective communication
- Encourages extensive skill development and role-play activities to develop effective responses
- Provides skills to manage situations where youth are confronted with conflict
- Equips youth with the skills to engage in healthy relationships
- Provides exposure to healthy alternatives
- Targets the prevention of violence through the promotion of positive, healthy relationships
- Teaches relationship skills similar to academic and athletic skills

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Mental Health promotion & awareness
Skills Practice
Promotes Positive, Healthy Relationships

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