



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 JUNIOR HIGH AGED SCHOOL GROUPS



The Today Centre offers Healthy Relationship Workshops for Junior High aged school groups that align with the learning outcomes outlined in the Health & Life Skills portion of Alberta's curriculum.

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
- 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 Teens...

Recognize unhealthy relationships

Respond with support

Refer to help with resources

About the Workshop

 1-2 Hours in Duration

 Offered in Person

 Aligns with Alberta Education

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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