

NEW

PROGRAM ANNOUNCEMENT

C.A.R.E.

Consent And Relationship Education Program

The C.A.R.E. program is designed to empower individuals to create and maintain healthy, consensual relationships by teaching them the skills they need to communicate effectively, establish boundaries, and identify and avoid unhealthy behaviours.

Registration available to:

Any youth ages 12-17
(Referral from school, community, parent/caregiver, self, etc.)

Programming will take place:

Tuesdays from 6-8 pm
beginning Tuesday, April 25
for a total of 10 weeks at
Sarnia-Lambton Rebound
office 10 Lorne Cres., Sarnia.

WEEKLY TOPICS INCLUDE:

POWER OF COMMUNICATION

GENDER NORMS

CONSENT EDUCATION

RELATIONSHIPS AND INTIMACY

SELF-ESTEEM AND BODY POSITIVITY

EMOTIONAL REGULATION AND REJECTION

DIGITAL AWARENESS & HUMAN TRAFFICKING

PORNOGRAPHY & POSITIVE SEXUALITY

SAFE CHOICES, BOUNDARIES, & PEER PRESSURE

For detailed information or to register contact Sarnia-Lambton Rebound at 519-344-2841 ext. 142



Sarnia-Lambton
REBOUND



Women's Interval Home of
Sarnia-Lambton