



Programs for Restoring Relationships

OUR JOURNEY >>

R & R Programs are designed to restore relationships and community by exploring themes of:



- RESPECT
- RESPONSIBILITY
- REPAIR
- REINTEGRATION

We initially launched in response to statistics about recidivism and the lack of support for people trying to rehabilitate in the aftermath of criminal activity.

We continue to work with people entangled in the justice system and also offer specialized programs in support of diversity, belonging and inclusion. **Content is suitable for various age groups including youth, adults and seniors.**

R & R Programs are a synergy of restorative/social justice, emotional intelligence and secular mindfulness practices. Our ultimate goal is for participants to achieve a greater sense of purpose and belonging.

OUR PROGRAMS >>

A typical program spans six to eight weeks and is suitable for 10-30 participants.

Our first priority is to provide an approachable space for people to listen and speak respectfully. To help us maintain this crucial element of the gatherings, we ask everyone to embody our 5 Group Approaches;

- 1 BE MINDFUL
- 2 BE AWARE
- 3 BE CURIOUS
- 4 BE RESPECTFUL
- 5 BE PERSONAL

Other elements are centered around Beverly B. Titles' Five R's of Restorative Justice (Relationships, Respect, Responsibility, Repair and Reintegration) and Daniel Goleman's framework of emotional intelligence (self-awareness, self-regulation, motivation, empathy, and social skills). Each session is also infused with guided secular mindfulness practices such as walking, stretching, eating, breathing and listening.

Participants who complete the program successfully will earn a certificate that recognizes their dedication to personal growth and interpersonal skills.

SERVICE FEE >>

OUR PROGRAM RATES RANGE FROM \$175 – \$250 PER PARTICIPANT. Additionally we have fully sponsored programs to ensure accessibility for everyone.



FOUR PHASES >>

The general structure of an R & R Program consists of four phases:



RECRUITMENT



PROGRAM LAUNCH



WEEKLY GATHERINGS
(online or in-person)



PROGRAM CELEBRATION

SPONSORS & PARTNERS >>



Sponsorship Opportunities Available!

LOCATION >>

Programs are currently being launched throughout Simcoe County in several communities and workplaces. We are also forming alliances with organizations in Timmins and Toronto, ON; Montreal, QC; Winnipeg, MB; Halifax, NS; Vancouver, BC.

ACKNOWLEDGMENTS >>

These programs have emerged thanks to a collaborative effort between changemakers. Together we have over 50 years of experience in supporting social and emotional development across a diverse range of people.

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