



Workshop and Training Order Form

METRAC offers workshops and trainings to help women, youth, community members, educators, service providers, organizations and institutions build safety and prevent violence.

- Learn about our topics below.
- Indicate the ones you are interested in.
- Input your contact information below. We'll follow up with you within 48 business hours of receiving this form.

Need help with this form or want us to go through it with you? Contact us by phone at 416-392-3135 or TTY at 416-392-3031.

Note: filling out this form is not guarantee your request can be fulfilled, but we will try to make it happen. Once this form is submitted, you will be contacted by METRAC for further information.

Send completed form **at least three weeks** the requested date(s) to METRAC (158 Spadina Road, Toronto, ON, M5R 2T8, fax 416-392-3136, info@metrac.org). For more info, phone 416-392-3135 or visit www.metrac.org. This form is available online at www.metrac.org/workshops.training/workshops.training.htm.

General Information

Contact name and title: _____
Organization/company/school: _____
Mailing address: _____
Email address: _____ Website: _____
Phone number: _____ Fax number: _____

Yes, please add me to METRAC's Email List

Please indicate date/time options for each request (at least three weeks into the future): _____

Community Safety Audit Training

For neighbourhood and community groups, youth groups, service providers and school groups. Our safety training raises awareness about safety, teach how to conduct audits and build the capacity of individuals and communities. Content is tailored to the needs of participants and we incorporate equity and inclusion practices into each training.

How to conduct a Community Safety Audit: addresses steps to conducting an audit and safety issues relevant to women and marginalized groups. Duration: 3 hours. Fee: \$375.	<input type="checkbox"/> Request training
Youth Safety Audits: helps youth discuss and take action on safety in their neighbourhoods, schools, community centres and buildings. Participants share experiences, explore how power imbalances lead to unsafety and learn how to use METRAC's Community Safety Audit. A certificate of completion is provided. As follow-up, participants can conduct an audit themselves or request support to do an audit up to 4 weeks after being trained. Audit results are then returned and a report on findings and safety recommendations is provided. Duration and fee: based on specific request.	<input type="checkbox"/> Request training

Equity Training

Our equity training promotes understanding of discrimination and barriers that diverse women, youth and their communities face, providing practical equity-building tools and knowledge to participants.

Anti-oppression/Anti-racism: this training designed to for organizations, workplaces and community service groups. It will introduce and enhance participant understanding of the anti-oppression/anti-racism framework, defining terms and applying concepts to practice. Participants will engage in reflective exercises and experiential activities. Duration and fee: based on specific request.	<input type="checkbox"/> Request training
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Legal Information Workshops

For support service providers who deal with women experiencing violence, whether or not it is their primary mandate. Our legal workshops are two hours long, highly

interactive, tailored and can be grouped together to meet your needs. Participants also receive take-away resources.

- Two-hour workshop: \$300 fee
- Half-day combination of workshops: \$500 fee
- Full-day combination of workshops: \$900 fee

Note: workshops are under revision and will be available later in 2012. For workshops outside of the City of Toronto, travel and accommodation costs are added to standard fees. Fees do not include space or refreshments, which can be arranged at cost if required.

Child custody and access: what it is, the application process and common issues.	Workshop being revised
Child protection: addresses involvement of children's aid in families, the Child and Family Services Act, reports of child abuse and child protection issues.	Workshop being revised
Child support: what it is, how it is calculated, the application and payment process and how it is enforced.	Workshop being revised
Criminalized women and the legal system: focuses on legal issues common to criminalized and imprisoned women.	Workshop being revised
General Family Law: examines how property is divided, same-sex relationships and how a person can receive support for themselves.	Workshop being revised
Family law and women with disabilities and Deaf women: addresses barriers faced by women with disabilities and Deaf Women when accessing the legal system.	Workshop being revised
Immigrant, refugee and non-status women: addresses barriers faced by immigrant, refugee and non-status women experiencing violence as well as immigration law. Note: this focus can be added to any workshop. Please contact us for details.	Workshop being revised
No contact orders: examines what they are, forms they take, the application process and their effectiveness.	Workshop being revised
Older women and the law: addresses common legal issues that older women face.	Workshop being revised
Sexual assault: explores what it is, legal options and the criminal law system.	Workshop being revised
Stalking and other criminal offences: examines stalking/criminal harassment, other criminal charges, how the criminal law works, being a witness, family court and safety issues, risk assessment and the police.	Workshop being revised

Record-keeping and confidentiality: defines legal terms, privacy issues, recordkeeping tips, how to handle requests and court applications for records.	Workshop being revised
Working with a lawyer: addresses when a lawyer is needed and how to identify a lawyer, payment issues, client responsibilities and what to do if there is a problem with a lawyer.	Workshop being revised
Workplace violence and conflict	Workshop being revised
Young women and the law: addresses common legal issues young women face.	Workshop being revised

Presenters

For conferences, panels, roundtables and events. METRAC offers presenters to address, discuss and share ideas on a variety of topics in the realm of violence against women and youth, safety, anti-oppression, discrimination and legal information.

Youth presenter: to address issues of violence against youth. Duration and fee: based on specific request.	<input type="checkbox"/> Request presenter
Safety presenter: to address community, campus and workplace safety issues for women, youth and marginalized communities. Duration and fee: based on specific request.	<input type="checkbox"/> Request presenter
Legal presenter: to address legal matters as they relate to women and youth at risk of experiencing or experiencing violence. Duration and fee: based on specific request.	<input type="checkbox"/> Request presenter
Violence and violence prevention presenter: to address the issue of violence against diverse women and youth, including the scope of the problem, statistics, definitions, getting help and prevention. Duration and fee: based on specific request.	<input type="checkbox"/> Request presenter

Teacher and Youth Service Provider Training

For teachers and school administration, youth workers, youth service providers, youth leaders and peer-to-peer youth facilitators. Trainings are offered by Respect in Action (ReAct), our peer youth violence prevention program.

Full training sessions are 3 hours long and include a maximum of 30 participants. Issues are explored in-depth and participants engage in practical group work. They include:

- definitions and warning signs of violence
- analysis of power dynamics that contribute to violence and discrimination
- solutions and strategies to prevent violence
- practical de-escalation tips and techniques
- interactive activities
- take-away resources for participants
- minuted group discussions
- pre-training and post-training surveys, results of which can be shared with training organizers

Fee: \$500

In-service sessions are one hour long and include a maximum of 30 participants. Issues are introduced to participants. In-service sessions are ideal for teacher professional development days and staff meetings. They include:

- definitions of violence
- analysis of power dynamics that contribute to violence and discrimination
- solutions and strategies to prevent violence

Fee: \$200

Bullying: addresses different types of bullying and their connection to gender, power and discrimination. Explores how youth can be supported to resist and challenge bullying and harassment in their lives.	<input type="checkbox"/> Request training
Dating violence: examines violence in dating relationships, including sexual assault, coercive sexuality, physical abuse, emotional abuse and stalking. Discusses healthy and unhealthy relationships and how to support young people to become allies to their peers.	<input type="checkbox"/> Request training
Sexual violence: defines sexual assault and sexual harassment. Explores the impact of gender stereotypes and peer pressure on relationships between youth and how sexual violence can be challenged.	<input type="checkbox"/> Request training
Anti-oppression: introduces an anti-oppression framework, discusses issues of power and oppression and their impact upon youth.	<input type="checkbox"/> Request training
Gender-Based Violence: addresses the forms violence	<input type="checkbox"/> Request training

against girls and women can take and introduces connections between violence, power and control.	
“You want me to talk to who?!” Community Services and Supporting Youth: explores how community services can build trust as young people are often hesitant to ask for support. Participants will share experiences with disclosures about violence; learn about pros and cons of reporting; and build knowledge about violence youth face, especially marginalized youth. Based on youth feedback, participants will learn what young people are looking for from services and how those who work with youth can be allies and support them in their process of healing.	<input type="checkbox"/> Request training
Don't Make Me Repeat Myself: advocacy training on gender-based violence. Grounded in an anti-oppression framework, it focuses on how youth can advocate for change. It is geared to youth in Toronto but can be adapted to other locations. It is most appropriate for youth over 15 years of age with some level of leadership, anti-violence, and/or anti-oppression skills and training, whether formal or informal.	<input type="checkbox"/> Request training

Violence Against Women Workshops

Workshops promote understanding of violence against diverse women, providing definitions, analysis, statistics and information on where to get help for participants.

Domestic violence: this workshop addresses the issue of domestic violence and how it affects women, particularly younger women, who are at greatest risk. It discusses what domestic violence is, barriers women face when ending abusive relationships and how women can be supported to address violence and build healthy relationships. Duration and fee: based on specific request.	<input type="checkbox"/> Request workshop
Sexual assault and harassment: this workshop addresses different forms of sexual violence, including harassment and assault. It discusses definitions, myths and realities of sexual violence and provides participants a better understanding of how to prevent sexual violence and address it when it happens. Duration and fee: based on specific request.	<input type="checkbox"/> Request workshop

Youth Workshops and Assembly

For youth aged 8 to 30 in schools, shelters, youth groups, detention centres, drop-in centres, and community programs. Respect in Action (ReAct), our peer youth violence prevention program, offers youth-friendly, interactive workshops and assemblies that complement school curriculum and youth programming. Workshops are conducted with groups of up to 30 participants. School assemblies are for a maximum of 250 students.

- Mini workshops (1.5 hours): \$100 fee
- Full workshops (2 to 3 hours): \$200 fee
- Assemblies (45 minutes to 1.5 hours): \$300 fee within the City of Toronto, \$600 outside the City of Toronto

Note: workshops outside of the City of Toronto may require additional fees to cover travel costs.

The Bully Factor: addresses different types of bullying (sexual, gender-based and physical) and how youth can resist and challenge it in their lives.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop <input type="checkbox"/> Request assembly
Ending the Silence: Violence at Home: explores violence that occurs at home (physical, emotional, sexual and financial abuse). Discusses how youth can resist violence at home, how they can get help and strategies to help peers.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Feeding or Starving the Hype: Youth At-Risk and Violence: links violence against women with issues marginalized youth can face, such as harassment, racism, bullying, involvement with the law and gang violence.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Gender-Based Violence 101: introduces issues related to gender-based violence against girls and women within an anti-oppression framework.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Going Beyond the Massacre: December 6th Remembrance: explores connections between sexism, violence against women and the 1989 December 6th Montreal massacre. Includes media literacy activities and encourages critical thinking in all portrayals of violence against women.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop <input type="checkbox"/> Request assembly
Love or Obsession? Stalking: explores the difference between romance and courtship and persistent, unwanted attention. Helps youth identify and work towards healthy relationships.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Only Yes Means Yes! Sexual Assault: addresses	<input type="checkbox"/> Request full workshop

issues such as rape, pressure to be sexually active and the use of date rape drugs. Explores the impact of gender stereotypes and peer pressure on relationships.	<input type="checkbox"/> Request mini workshop
Our Power, Our Privilege: Intro 2 Anti-Oppression: introduces anti-oppression and explains multiple forms of oppression. Interactive activities, media and art demonstrate how oppression effects youth uniquely with respect to gender, race, class, immigration status, sexuality, ability and religion. Includes self-reflective activities to help participants recognize oppression, power and privilege.	<input type="checkbox"/> Request full workshop
Speak Your Truth: Empowerment for Young Mothers: for girl-only groups. Helps young mothers identify and build on healthy relationships and looks at physical, spiritual, financial, sexual, and emotional boundaries.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Speak Your Truth: Empowerment for Young Women: for girl-only groups. Helps young women learn about empowerment and deal with pressures that can hinder empowerment. Looks at physical, spiritual, financial, sexual, and emotional boundaries.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Tough Guise: Masculinity: for boy-only groups. Addresses male stereotypes and links them to gender violence. Includes a media literacy component on masculinity in popular culture and how men can build healthy relationships, become allies, and support women experiencing violence.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop <input type="checkbox"/> Request assembly
What's Love Got to do with it? Dating Violence: examines violence in dating relationships, including sexual assault, coercive sexuality, physical abuse, emotional abuse, and stalking. Discusses healthy and unhealthy relationships and how youth can be allies to their peers.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop <input type="checkbox"/> Request assembly
What's Love Got to do with it? Dating Violence for LGBTQ Youth: examines violence in lesbian, gay, bisexual, trans and queer youth dating relationships (sexual assault, coercive sexuality, physical abuse, emotional abuse, and stalking). Discusses healthy and unhealthy relationships and how youth can be allies to their peers.	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
Why the Looks? Bullying Between Young Women: for girl-only groups. Explores verbal, emotional and physical violence between young women outside of	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop <input type="checkbox"/> Request assembly

<p>same-sex dating relationships. Identifies anger and aggression and explores underlying causes. Emphasis on developing healthy ways of relating and ending bullying.</p>	
<p>You Can Lean On Me: Supporting Friends: most effective as a follow-up to a workshop on violence. Focuses on how young people can support each other and explores what we usually want from friends, what to say and the challenges of supporting a friend. Participants practice skills of supportive listening and non-judgment. Participants and facilitators share what they know about community resources that support youth and strategize how to connect friends to resources.</p>	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop
<p>Young People Surviving and Thriving: Self-Care: most effective as a follow-up to a workshop on violence. Looks at what youth already do to deal with violence in their lives and explores whether or not it really helps; options people who have survived violence have; barriers to accessing support; and why it is important to find a path to healing. Participants and facilitators share what they know about community resources that support youth.</p>	<input type="checkbox"/> Request full workshop <input type="checkbox"/> Request mini workshop