

FRIENDS for Life An Anxiety Prevention Program for children 10-12 years with mild to moderate anxiety

FRIENDS for Life is an evidence-based prevention program proven to be effective in building emotional resilience and teaching strategies that are practical and useful for coping with times of worry and change. These are important skills that can help children cope with stress which they can use throughout their life.

The FRIENDS program was developed by Dr. Paula Barrett, a clinical child psychologist in Australia www.friendsprograms.com and is being used in schools and clinics around the world. This program helps to normalize the emotional state of anxiety and promotes self-confidence in dealing with difficult or anxiety provoking situations. It helps children acquire important life skills which include:

<ul style="list-style-type: none">✓ Awareness of their feelings✓ Relaxation skills✓ Problem-solving skills✓ Positive coping skills✓ How to face feared situations gradually✓ Building peer support✓ Identifying positive role models	<ul style="list-style-type: none">✓ Looking for pleasant events✓ Positive thinking skills✓ Use of positive self-talk✓ Self-rewards for being brave✓ Evaluation of performance in terms of effort and partial success
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Dates: Wednesdays, January 10 to March 7, 2018

Time: 6:00 to 7:30

Cost: \$375.00

Contact: Family Services Ottawa
613-725-3601 extension 207
For information and registration