



# BSDGP is Offering FREE



# FRIENDS for Life TRAINING

**Friends for Life** is the world's leading program for treating and preventing anxiety and depression in children and youth. Studies suggest that anxiety disorders are the most common form of psychological disorder with the prevalence in adolescents to be around 15%. If left untreated anxiety in children and adolescents may develop into chronic anxiety and clinical depression.

The Friends program aims to prevent anxiety and depression using firm cognitive behaviour principles and by building emotional resilience. This program is offered as a one-day training session for each of three different levels:

- **Fun Friends** (4-6year olds)
- **Friends for Life – Child** (7-11year olds)
- **Friends for Life – Youth** (12-17 year olds)

**Fun Friends** is an innovative and inquiry-based program to help young children develop emotionally and socially. Some of the important skills that preschoolers are taught are how to relax and self soothe, understand and regulate emotions, how to make friends and share, how to be brave, how to deal with conflict and positive coping strategies.

**Children and Youth** learn skills such as dealing with common social issues, recognizing signs of anxiety, relaxation techniques, positive thinking problem solving, study skills and building self-esteem.

### DATES FOR 2008

*Fun Friends - Wednesday 19th November 2008 (9.00am—4.30pm)*

*Friends for Life (Child & Youth combined) - Tuesday 2nd December 2008 (9.00am—4.30pm)*

**For more information phone 32741886**

**Register your interest in receiving this FREE training by completing the form below.**

**Fax back to BSDGP on 3274 1930**

Name: \_\_\_\_\_ Organisation: \_\_\_\_\_

Phone: \_\_\_\_\_ Position: \_\_\_\_\_

Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

### Training of Interest (Can tick more than one)

- |                                      |  |  |
|--------------------------------------|--|--|
| <input type="checkbox"/> FUN FRIENDS | <input type="checkbox"/> FRIENDS for LIFE<br>(CHILD) | <input type="checkbox"/> FRIENDS for LIFE<br>(YOUTH) |
|--------------------------------------|--|--|

### Training Times Preference

- |                                   |                                   |                                   |
|-----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Weekdays | <input type="checkbox"/> Weekends | <input type="checkbox"/> Evenings |
|-----------------------------------|-----------------------------------|-----------------------------------|