



Friends For Life

Building social skills and resilience in eight to 11-year-olds

Did you know anxiety affects more than 20% of children aged 8 to 11 years? The World Health Organisation has recognised Friends For Life as a program that effectively prevents anxiety in children in this age group. The program is designed to provide children with the skills needed to meet life's challenges and make the most of setbacks and adversity. Friends For Life has a focus on working with children to improve emotional skills, ability to focus, confidence and the ability to relax and regulate emotions.

What does the Friends For Life Program involve?

10 FREE one-hour sessions or five FREE two-hour sessions. You will have input into how we deliver the program.

Sessions are built on this acronym:

- F**eelings (talk about your feelings and care about other people's feelings)
- R**elax: Do 'milkshake' breathing, have some quiet time)
- I** can try! (we can all try our best)
- E**ncourage (step plans to happy home)
- N**urture (quality time together doing fun activities)
- D**on't forget – be brave! (practice skills everyday with friends /family)
- S**tay happy

GET STARTED: To register for the Friends For Life Program please call our Health Promotion team on 5406 1200.

Connect with us: www.bchs.com.au

