



My Friends Youth

Building skills to decrease anxiety and depression in youth

Adolescence brings many new challenges such as peer pressure, friendship difficulties, physical development and higher study loads. My Friends Youth is a group-based program that provides young people with the tools needed to overcome challenges commonly experienced by 12 to 15-year-olds. Early teens are empowered to deal with stressful situations by normalising the state of anxiety, teaching self regulation and providing positive and creative strategies to problem solve challenges and setbacks in life. Important skills for the transition to senior high school.

What does the My Friends Youth 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 My Friends Youth Program please call our Health Promotion team on 5406 1200.

Connect with us: www.bchs.com.au

