

# Resilience. Confidence. Emotional wellbeing.



BCHS are offering the FRIENDS program to schools and local groups. The program is endorsed by the World Health Organisation to reduce anxiety and depression, build social skills and improve learning.

Delivered by our trained staff at no cost to you, this program can be tailored to suit the needs of your students.



## **Fun Friends Ages 4-7**

Play-based approach teaching positive social skills, learning to be brave and to find calm.



## **Friends for Life Ages 8-11**

Inspiring confidence and emotional strength.



## **My Friends Youth Ages 12-15**

Building strong peer and family relationships.

To incorporate FRIENDS at your school or local group, contact our Health Promotion team on 5406 1200 or [ellawestblade@bchs.com.au](mailto:ellawestblade@bchs.com.au)