



1 day FRIENDS Resilience Building Training

FRIENDS for Life and FRIENDS Youth Programme

FRIENDS for Life and FRIENDS Youth are evidence-based programmes which reduce anxiety and depression and build resilience in children and young people aged 11-15 years.

FRIENDS is the only anxiety prevention programme endorsed by the World Health Organisation.

It is recommended in the DfE document “Mental Health & Behaviour in Schools” (June 2014)

The programmes can be used as an intervention with children as whole classes, in small groups or on a one to one basis. The programme provides a structure to develop resilience in young people, drawing on the psychological model of cognitive-behavioural therapy.

Who is the course for?

Secondary school staff.

Outcomes

Following this course you will:

- be able to deliver an evidence-based resilience building programme. You will receive accreditation as a group facilitator.
- have access to the online portal, which will enable you to purchase eBooks and manuals to support the delivery of the programmes.
- have tools to evaluate the impact of the programme on children and young people's mental health.

Please be aware that FRIENDS Resilience do not provide paper copies of manuals or activity books anymore. Instead, you will need to purchase and access the books using the online portal (they are approx. £2.75 each).

Date: 4th July 9:30 am to 4:00 pm

Cost: £220 per participant; reducing to £165 if 2 or more participants attend per setting

Venue: Oakhill Centre, Meadow road, Harborne, B17 8BB

Deadline for booking: 20th June

Please send completed booking forms to marina.limniotis@birmingham.gov.uk and educationalpsychology@birmingham.gov.uk