

# FRIENDS - FOR LIFE -

## FRIENDS

- F Feelings
- R Relaxation
- I I Can do it, I Can try my best (self-talk, positive thinking)
- E Explore Solutions and Coping Step Plans
- N Now reward yourself
- D Don't forget to practice
- S Smile and Stay Calm for Life

The word FRIENDS is used to teach skills taught throughout the program (i.e. each letter stands for a new skill learned). The program addresses mind (cognitive), body (physiological) and behaviour (learning) processes which are seen to interact in the development, maintenance and experience of stress and anxiety. Your child will learn how to deal with difficulties, to recognize signs of anxiety, relaxation strategies for staying calm, to develop positive thinking, how to focus on solutions to problems and not the problems themselves, how to face their fears as well as learning conflict resolution strategies.



The FRIENDS for life program is a well researched and innovative program designed to assist children, youth and their families to learn important life skills. The skills and techniques taught in the FRIENDS program will help children and youth to cope with stress and anxiety as well as learning to manage difficult and challenging situations.

Parents and caregivers play a vital role in the development and maintenance of the skills taught in the FRIENDS program. Each week your child will be introduced to specific skills to help build their resiliency. These skills need to be reinforced both during the group and in the home environment in order for change to occur.

Offered in a group or individual setting, caregiver involvement is mandatory and critical for success!



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