



FRIENDS for LIFE

A program for children and adolescents (7-12 year olds) to help build resilience and prevent anxiety and depression

When: Wednesdays 3:30 p.m. – 4:30 p.m.

Commencing 14/10/15 – 02/12/15

Where: Mercy Community Services Goodna

15 Church St Goodna 4300

How to Register: Call Mercy Community Services Family Services, “Family Matters” Team on

(07) 3280 8000

FRIENDS for Life is designed to build resilience, self-esteem and confidence, and to increase children’s and adolescent’s ability to cope effectively with stress, daily challenges, and difficult life events. It is an empowering program for children, adolescents, families and teachers. Some of the practical and useful strategies taught in the program include:

1. Recognising and managing emotions
2. Social skills
3. Relaxation
4. Positive thinking
5. Problem solving and
6. Goal-setting

Sessions will run for one hour, with parents joining in for the last 10 minutes to reflect on what we’ve learnt and how it can be incorporated at home.

Mercy Community Services, SEQ Ltd, Family Services

Sponsored by the Brisbane Sisters of Mercy

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