

FRIENDS For Life

What is FRIENDS?

FRIENDS is a small group-based intervention used to promote emotional resilience. Children and young people will learn how to deal with difficulties, to recognise signs of anxiety, relaxation strategies for staying calm, to develop positive thinking and problem solve.

Who is this for?

Children and young people (4 years+) who are experiencing worry, anxiety, low self-esteem and low mood.

How will FRIENDS help?

Children and young people will benefit from learning practical, useful skills for coping with stress, worry, fear and day to day challenges.

What will this involve?

- 10 weekly 1-hour group sessions and 2 follow up sessions.
- Target setting and review



FRIENDS for life -15 hours of EP time