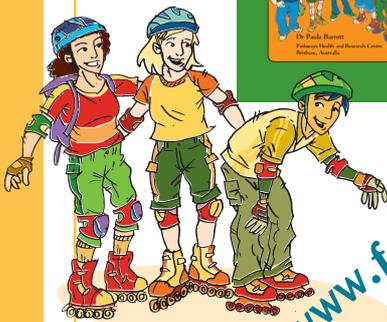
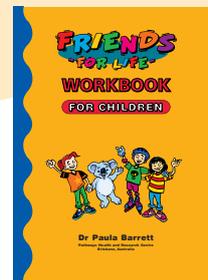
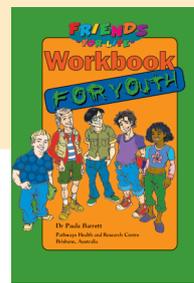
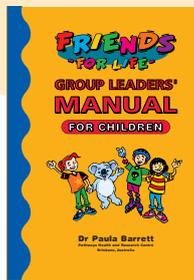
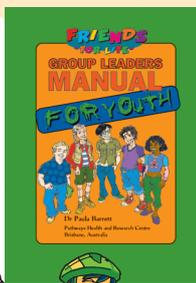


# The world's leading school-based anxiety prevention program



## FRIENDS - FOR LIFE -

FRIENDS for Life helps children and teenagers cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive, and emotional skills in a simple, well-structured format.



[www.friendsinfo.net/ca](http://www.friendsinfo.net/ca)

Developed from more than 10 years of comprehensive research and evaluation and used in schools throughout the world, FRIENDS is the only such program acknowledged by the World Health Organization.

Completing a 10-session FRIENDS program can reduce a child's risk of developing a disorder for up to six years. Children with normal levels of worry benefit by acquiring resilience to emotional stress.

FRIENDS promotes important personal development concepts such as self-esteem, problem-solving, self-expression, and building positive relationships with peers and adults, and therefore fits in well with the normal curriculum.

Hundreds of schools across Canada currently use the program, and well over 200,000 children have completed a FRIENDS program worldwide.

FRIENDS is run by a school's own teachers and does not involve any clinical assessment or diagnosis, thus avoiding labelling children as anxious or different.

Before starting a FRIENDS program, teachers attend a one-day group training workshop. These workshops are conducted regularly Austin Resilience Development.

Anxiety is the most common form of mental disorder, affecting up to 15% of children and teenagers. Anxiety significantly interferes with a child's ability to confidently handle everyday situations, including relationships with peers, adults and family, and school achievement.

If left unattended, anxiety difficulties may continue into young adulthood, sometimes leading to depression. FRIENDS combats anxiety by fostering an emotional resilience in children and teenagers that will stay with them for life.

**AUSTIN**  
**resilience development inc.**

TRAINING FOR PROFESSIONALS

(613) 692-3764  
contactus@friendsrt.com  
www.friendsrt.com

P.O. Box 302  
North Gower, ON  
K0A 2T0 Canada

For further information about training, booklets, research, and the program in general, please visit the FRIENDS web site at [www.friendsinfo.net/ca](http://www.friendsinfo.net/ca)



Training accredited by **Pathways** [www.pathwayshrc.com.au](http://www.pathwayshrc.com.au)