Are you a School Wellbeing Worker, Teacher, Allied Health Provider, or Youth worker?
- Do you work with youth aged 12-17 years?
- Are you interested in being trained to deliver a resilience and life skills program with a strong evidence base?

Accredited My FRIENDS Youth program trainers from headspace Dandenong and headspace Narre Warren will be delivering facilitator training throughout 2017.

Programs aims:
The program is based on Cognitive Behavioural Therapy principles aimed at assisting adolescents to:
- Build resilience and confidence
- Develop mindfulness and relaxation
- Explore thinking in positive ways
- Develop problem solving strategies
- Learn ways to deal with conflict

Once trained, ‘accredited facilitators’ can run the program in both one on one or group settings over a 5 to 10 week time frame depending on available time.

Are you a KidsMatter or MindMatters school/service?
The my FRIENDS Youth program rates well on KidsMatter and MindMatter schools/service program guide. You may consider using the My FRIENDS program to meet component 2 requirements: ‘Social and emotional learning for students’ or ‘resilience skills for students’.

headspace provides FREE-YOUTH FRIENDLY-CONFIDENTIAL EARLY INTERVENTION COUNSELING SERVICES TO YOUNG PEOPLE AGED 12-25 YEARS AND THEIR...