

Training for Facilitators



Preventing and Treating Anxiety in Children and Young People

The Programme

The FRIENDS programme, delivered by trained facilitators, helps children age 7-16 years cope with feelings of fear, worry and depression. It builds resilience and self-esteem by teaching cognitive and emotional skills in a simple structured format.

FRIENDS is positively recognised by the World Health Organisation, Prevention of Mental Disorders: Effective Interventions and Policy Options pp 42-43 WHO 2004.

Aims of the day

To introduce FRIENDS materials, background and philosophy to those considering the use of FRIENDS in schools or health settings.

Who is it aimed at?

- Teachers
- Connexions workers
- Educational Psychologists
- School Nurses
- Clinical Psychologists

Outcomes

- Those attending will be able to make a start delivering FRIENDS
- Those attending will receive accreditation as a FRIENDS facilitator
- All those attending will receive a facilitator's manual and student workbook

Dates/Venues

Full day course
9.15am - 3.45pm
(including Refreshments)

3rd November 2009
EM Direct, Grantham

10th March 2010
Sincil Bank Stadium, Lincoln

25th May 2010
The New Life Centre, Sleaford

Cost

£150 per delegate*

Booking

Send a completed booking form for each delegate attending, complete with full payment (either by cheque, IDT or BACS) to:

Mat Robinson
Senior Administrative Support Officer
Lincolnshire County Psychology Service
49 Newland
Lincoln, LN1 1YQ
Tel: 01522 553341

* £130 concessionary rate for Lincolnshire

FRIENDS FOR LIFE

INDIVIDUAL BOOKING FORM		
Dates/venues:	3 rd November 2009, EM Direct, Grantham	<input type="checkbox"/>
	10 th March 2010, Sincil Bank Stadium, Lincoln	<input type="checkbox"/>
	25 th May 2010, New Life Centre, Sleaford	<input type="checkbox"/>
Choice of student work book & facilitators manual: (Extra manual £30 each)	Primary:	<input type="checkbox"/>
	Secondary:	<input type="checkbox"/>
Attendee:	Surname: (Mr/Mrs/Ms/Miss/Dr)	
	Forename: (delete as appropriate)	
	Job title:	
LEA/Agency (if applicable):		
Contact Address:		
Daytime Tel No:		
Email: (please print clearly, required for certificate)		
Payment enclosed:	Cheque: <input type="checkbox"/>	
	IDT Transfer - Cost Code:	
Any Specific Dietary Requirements:		
Any other requirements to help access the event:		

COST: **£150** per delegate (***£130** concessionary rate for Lincolnshire Services)
Please ensure payment is enclosed with booking form.
Cheques should be made payable to Lincolnshire County Council.

PLEASE SEND COMPLETED FORM AND CHEQUE FAO:

Mathew Robinson
Lincolnshire County Psychology Service
49 Newland
Lincoln, LN1 1YP
Tel: 01522 553384

Booking forms must be accompanied by payment. Unfortunately, no refund of payments is possible in the event of cancellation or non-attendance by the delegate.