



## TORONTO

# FRIENDS Anxiety Program Training for Professionals Working With Children and Youth

**DATE:** Friday November 20, 2009

**LOCATION:**

Courtyard by Marriott Airport Hotel  
231 Carlingview Drive, Toronto  
(416) 675-0411

**TIME:** 9:00 a.m. to 4:30 p.m.

**COST:** \$289.00 (with \*FFL Children's Kit) or  
\$296.00 (with FFL Youth Kit)  
includes GST, handouts, continental breakfast,  
lunch, refreshments, and parking)

(FFL Kit includes a Group Leader Manual with 12  
sessions + parent training & Workbook)

**REGISTRATION:** \*Please e-mail or call prior to  
registering as training group size is limited.\*

**CONTACT:**



**613-692-3764 (phone)**  
613-692-2605 (fax)  
**contactus@friendsrt.com**  
[www.friendsrt.com](http://www.friendsrt.com)

Anxiety disorders are the most common mental health problem affecting children and youth today. In spite of this, child and youth anxiety often goes unrecognized, undiagnosed and untreated and persists into adulthood.

Anxiety is a real and serious health problem that can cause significant personal suffering and

interfere with children's functioning and ability to reach their potential. Anxiety can lead to school absenteeism, early school leaving, poor school and career achievement, difficulties with peer and family relationships, depression, suicidal ideation, anxiety disorders, and substance abuse.

It is therefore crucial that anxiety prevention begins early, and that education, health and social service professionals are equipped with the knowledge and resources to help children, youth and their families develop effective strategies to deal with worry, stress and change.

FRIENDS for Life is a world-leading anxiety prevention and intervention program that helps children and youth cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive, behavioural, and emotional skills in a simple, well-structured format.

Developed by a clinical psychologist in Australia, and used successfully in schools and clinics in Canada and throughout the world, FRIENDS is the only such program acknowledged by the World Health Organization for its 12 years of comprehensive evaluation and practice.

FRIENDS, a unique, empirically validated approach with an extensive evidence base and a wealth of real-world experience in thousands of classrooms and clinics across the world has shown that exposing anxious children to a 10-session FRIENDS program can reduce their risk of developing a disorder for up to 6 years, and help children with normal levels of worry acquire resilience and skills for managing daily stressors.

The one day training will certify professionals to deliver the FRIENDS for Children and the FRIENDS for Youth programs in a group format. FRIENDS training will be of interest to educators, guidance counselors, social workers, mental health workers, psychologists, and other educational, health, and social service professionals who want to enhance the resilience of children, youth and their families.



**FRIENDS for Life Training Registration Form  
TORONTO- Friday November 20, 2009**

Name: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Title/ Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Work Address: \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Work Telephone \_\_\_\_\_ Home Telephone: \_\_\_\_\_

**A FRIENDS Kit (Group Leader Manual and Workbook) is included with your training. Please CHECK ONE ONLY, either the:**

Friends for Children (ages 8 to 12 yrs) OR  Friends for Youth (ages 13 to 16 yrs)

***Please e-mail or call before sending your registration as space is limited!***

**Payment:** \* FULL PAYMENT MUST BE RECEIVED WITH REGISTRATION. WE ACCEPT CHEQUES ONLY. REGISTRATION WILL BE CONFIRMED UPON RECEIPT OF PAYMENT.\*

**\$289.00** (Training + Children's Kit) or **\$296.00** (Training + Youth Kit) payable to:

**Austin Resilience Development  
P.O. Box 302, North Gower,  
Ontario K0A 2T0  
613-692-3764 (phone) 613-692-2605 (fax)**

**CANCELLATIONS:** *Cancellations must be received in writing at Austin Resilience Development Inc 2 weeks prior to the workshop date. Refunds will be given, less an administration fee of \$50.00. Registrants who cancel after that will receive a credit for a future training. Registrations are transferable to another qualified professional upon notification to Austin Resilience Development. Workshops may be cancelled or rescheduled if there are insufficient participant numbers. Austin Resilience Development will notify participants as soon as this decision is made and a full refund or alternative workshop date will be offered. **Submission of this form is acknowledgment that you have read and understand the Austin Resilience Development workshop terms and conditions.***