

## My FRIENDS Youth

**Free!**

Groups for Children and Young People  
To help Improve Self Esteem and Confidence



Teen Friends groups are for Teenagers 12-16years old (secondary school). These programs teach children and young people skills that help promote self esteem and improve confidence.

Each course runs for **8 weeks** and each session lasts for 1 hour. The groups will be run by staff from the school nursing service who are trained to deliver these programs.

Sessions are designed to be fun and enjoyable for children and young people. They will learn new skills through talking, playing games and taking part in other fun activities. Each child or young person will receive their own FRIENDS book to keep.

Sessions include:

- Understanding emotions in yourself and others
- How to make and maintain friendships
- Dealing with bullying & peer pressure (primary Program, Managing Conflict (Teen Program))
- Problem solving, positive coping strategies, relaxation skills
- Changing unhelpful thinking into more helpful thinking

Dates of the next courses are:

### Teen FRIENDS for Life Group

**Harden Health Centre (1<sup>st</sup> Floor – School Nurses)  
Harden Road, Walsall, WS3 1ET**

On:

**Thursday 30<sup>th</sup> January 2020  
4pm-5pm**

**(We will also be holding an introduction session on Thursday 23<sup>rd</sup> January 2020 at 4pm-4.30pm  
for Parents only)**

**\*\*\*\*\* BOOKING ESSENTIAL \*\*\*\*\***

If you are a parent or carer and you would like further information or to book your teen a place on the above course then please contact us by email or phone:

Email: [wellbeing@walsallhealthcare.nhs.uk](mailto:wellbeing@walsallhealthcare.nhs.uk)

Phone: Sam Masood (School Nursing Service) on Tel: 01922 423292