



ADULT RESILIENCE PROGRAM --- ONLINE

Adult Resilience is one of the FRIENDS programs, which are Australian developed, cognitive behaviour therapy (CBT) based programs, endorsed by the World Health Organisation, as best practice for the prevention and treatment of anxiety and depression, promoting resilience in families, schools and communities.

This evidence-based program provides innovative, coping, resilience skills for adults of all ages and all walks of life. It is especially useful for parents, to increase their resilience, parenting skills and ensure the FRIENDS "language" is spoken at home.

By attending this program participants will learn skills and tools such as:

- How to identify feelings and develop empathy
- Controlling and regulating intense emotions
- Developing non internet-based friendships and relationships
- Mindfulness skills and exercises to stay in the moment, focus and relax
- Resisting peer pressure and developing positive relationships
- Compromising in tricky situations and avoiding conflict
- Choosing appropriate role models
- Setting realistic and achievable life or study goals
- Organisation and focus skills
- Preventing bullying
- Relaxation techniques

Where: Online via Microsoft Teams

When: Monday 9th, 16th, 23rd, 30th August

Time: 6:00pm - 8:00pm

Fees: \$80 (standard) or \$50 (concession)

Facilitators: Maree and Tammy

Closing date for registrations/payment: 26th July 2021