



## **FRIENDS One Day Training**

FRIENDS is a school-based anxiety prevention and resiliency-building program designed to help children develop greater skills in understanding and managing stress and worries.

**Target:** SD 67 Grade 4 and 5 teachers who plan to implement the program with grades 4 and 5 students in a classroom during this school year

**Date:** Thursday, November 6, 2008

**Time:** 9:00 am - 3:00 pm

**Location:** Parkway Annex

**Lunch will not be provided – Please bring your own bag lunch.**

This workshop will provide an overview of anxiety and introduce the FRIENDS program. Participants will receive a step-by-step Leaders' Manual and a sample Children's Workbook. After taking the full day of training, participants will be eligible to receive workbooks to implement the 10 week program with their grades 4 and/or 5 students.

**THIS TRAINING SESSION IS ONLY FOR GRADE 4/5 CLASSROOM TEACHERS WHO HAVE NOT BEEN PREVIOUSLY TRAINED AND INTEND TO IMPLEMENT THE PROGRAM DURING THIS SCHOOL YEAR.**

### How to Register:

Email: Linda Walters at [lwalters@summer.com](mailto:lwalters@summer.com)

Or Fax: 250-770-7730

Deadline for registration: October 20, 2008

*This training is hosted by School District No. 67 and sponsored by the Ministry of Children and Family Development in cooperation with the Ministry of Education.*