

FRIENDS for Life Program

FRIENDS For Life is an evidence-based, anxiety prevention and resiliency building program being offered to all grade 4 & 5 students in BC. FRIENDS is classroom based and designed to be delivered by teachers and school counselors. Anxiety has the highest prevalence rate of all mental disorders in children & youth, affecting approximately 65,000 BC children. Early intervention programs have shown to prevent anxiety disorders, increase emotional resilience and promote positive coping skills. Social and emotional skills affect performance in school and are a fundamental importance to success in life. A universal FRIENDS program ensures that all children will benefit.

FRIENDS provide children with coping and life skills in a fun, interactive and engaging way. It is a 10 week program that addresses many learning outcomes in the Health and Career Education K-7 curriculum including goal-setting, problem-solving, valuing diversity, positive thinking and friendship skills.

For more information about FRIENDS in BC go to:

www.mcf.gov.bc.ca/mental_health/firnds.htm

or email: MCF.CYMHFRIENDS@gov.bc.ca