



FRIENDS for Life

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



Free!

Friends for Life groups are for children aged between 7 - 12 years. These programs teach children and young people skills that help promote self-esteem and improve confidence.

Each course runs for **8 weeks**. We will be running the each session with both the parent and child together. 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

Date of the next courses:

Group 1 (FACE TO FACE Group)

Parent/carer Introduction session: Tuesday 1st February 2022 at 4pm-4.30pm

Course will begin for children on: Tuesday 8th February 2022 at 4pm-5pm (for 8 weeks – no session during half term holiday)

The group will take place at: Harden Health Centre (1st Floor – School Nurses), Harden Road, Walsall, WS3 1ET
(Please note that there are limited places available on our face to face groups due to Covid regulations)

Group 2 (VIRTUAL Group)

Parent/carer Introduction session: Monday 31st January 2022 at 4pm-4.30pm

Course will begin for children on: Monday 7th February 2022 at 4pm-5pm (for 8 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place for your child)

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

Email: wellbeing@walsallhealthcare.nhs.uk

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

