

1 Day Workshops 2004

BRISBANE	Nov. 19, Feb. 25(2005)
GOLD COAST	Oct. 22, May 20(2005)
SYDNEY	Feb. 18(2005)
MELBOURNE	Feb. 10 (2005)
CANBERRA	Oct. 29, Apr. 1(2005)
ADELAIDE	Mar. 4(2005)
HOBART	Nov.12, May 27(2005)
PERTH	Nov. 19

Time	9am–4pm
Cost	\$260 including materials, lunch, morning and afternoon tea.
Contact	Ana Pereira, 07 3846 4443, info@pathwayshrc.com.au <i>limited places available</i>

All Brisbane Workshops are held at the Pathways Health & Research Centre, 75 Hardgrave Rd, West End.

You will be advised of all other venues separately closer to the date.

FRIENDS is based on a firm theoretical model, has been trialled using rigorous randomised control studies and is currently used in schools throughout Australia and overseas. Attending this one-day training workshop will enable you to introduce and maintain an ongoing whole-of-grade friends program to your school without the need for specialist staff.

FRIENDS helps children aged 7–11 years and youth aged 12–16 years to gain skills such as:

- Dealing with difficulties
- Recognising signs of anxiety
- Relaxation techniques
- Positive thinking
- Problem solving
- Emotional resilience
- Using peer support
- Conflict resolution

Workshop Registration

To attend this workshop please fill in this registration form and post with payment to: Ana Pereira, Pathways Health and Research Centre, PO Box 5699, West End QLD 4101

Please tick the one day workshop you wish to attend:

Brisbane Gold Coast Sydney Melbourne Canberra Adelaide Hobart Perth
 Darwin Christchurch Auckland

Please tick the FRIENDS program that you are interested in:

Friends for Children (ages 7–11) Friends for Youth (ages 12–16)

Workshop Participant Name:.....

Workshop Participant Address:.....

Phone number: Email:.....

Cheques/money orders (\$260.00) are payable to: Pathways Health and Research Centre.

For Credit Card payment (\$260.00), please circle: Visa Mastercard Bankcard

Card Number: [/ / /] **Expiry Date:** /

Cardholder Name:

Signature: