

My FRIENDS Youth Program - Facilitator Training

Registrations are now open

- Are you a School Wellbeing Worker, Teacher, Allied Health Provider, or Youth worker?
- Do you work with youth **aged 12-17 years**?
- Are you interested in being trained to deliver a resilience and life skills program with a strong evidence base?

Accredited My FRIENDS Youth program trainers from **headspace** Dandenong and **headspace** Narre Warren will be delivering facilitator training throughout 2016.

Programs aims:

The program is based on Cognitive Behavioral Therapy principles aimed at assisting adolescents to:

- **Build resilience and confidence**
- **Develop mindfulness and relaxation**
- **Explore thinking in positive ways**
- **Develop problem solving strategies**
- **Learn ways to deal with conflict**

Once trained, 'accredited facilitators' can run the program in both one on one or group settings over a **5 to 10 week** time frame depending on available time.

Are you a KidsMatter or MindMatters school/service?

The my FRIENDS Youth program rates well on KidsMatter and MindMatter schools/service **program guide**. You may consider using the My FRIENDS program to meet component 2 requirements: 'Social and emotional learning for students' or 'resilience skills for students'.

More Info about the My FRIENDS Youth program:
Visit: www.friendsprograms.com



Term 1 details:

- Date:** Thur 17th March 9am to 5pm
- Where:** headspace Narre Warren
66 Victor Crescent, Narre Warren
- Who:** School Wellbeing Workers, Teachers, Youth Workers, Allied Health Providers, and Volunteers working with young people 12-17
- Cost:** \$50 per person
(incl manuals and lunch)

Term 2 details:

- Date:** Tues 26th April 9am to 5pm
- Where:** headspace Narre Warren
66 Victor Crescent, Narre Warren
- Who:** School Wellbeing Workers, Teachers, Youth Workers, Allied Health Providers, and Volunteers working with young people 12-17
- Cost:** \$50 per person
(incl manuals and lunch)

Interested?

Complete the registration form on the reverse side and return via:
Fax: **03 9793 4992** or Email
admin@headspacedandenong.com.au
Limited places available for each term

headspace provides FREE-YOUTH FRIENDLY-CONFIDENTIAL EARLY INTERVENTION COUNSELING SERVICES TO YOUNG PEOPLE AGED 12-25 YEARS AND THEIR FAMILIES. To access headspace services call 1800 367 968 or walk-in to a centre



REGISTRATION FORM	
Training details:	
Course name:	My FRIENDS Youth Skills for Life Facilitator training
Course date/s:	<input type="checkbox"/> Thurs 17th March <input type="checkbox"/> Tues 26th April
Venue:	headspace Narre Warren
Personal details:	
Name (To go on your Certificate):	
Organisation name (If applicable):	
Mailing address:	
Contact number:	
Email address:	
Dietary or access requirements:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Details of additional requirements:	
Invoicing details:	Sales invoice will be emailed to you to arrange payment
Name:	
ABN:	
Address:	
Cost (GST incl):	\$50.00
headspace admin use:	headspace Admin to complete
Program:	HS_NATIONAL
Location:	headspace Narre Warren
GL Account Code:	6650
Do you want the invoice:	<input type="checkbox"/> Sent to the supplied email above <input type="checkbox"/> Return to headspace Admin
Form completed by:	Name: _____ Date: ____/____/2016
Terms and conditions	<p>Payment: South Eastern Melbourne phn will issue a sales invoice upon receipt of this Registration Form. Payment must be received and confirmed within 5 business days prior to the course start date to secure your place.</p> <p>Course Completion: Must be present for the entire duration of the training</p>
Return completed forms via:	Fax: 03 9793 4992 <u>or</u> email: admin@headspacedandenong.com.au