



# FRIENDS RESILIENCE PROGRAMME

## Accredited Training for Post Primary Teachers in Sligo/Leitrim

The Friends programme is internationally recognised and has a strong evidence base. It helps students to develop resilience by teaching them effective strategies to cope with, problem solve and manage all kinds of emotional distress, including worry, stress, change and anxiety.

Teachers who complete this **two day** accredited training will be able to register as certified facilitators with “FRIENDS Resilience” and can order materials and access additional resources in order to run FRIENDS in their school.

The training will be delivered by psychologists from the National Educational Psychological Service and will take you through the “FRIENDS for Life”, “My Friends Youth” and introduce you to the 16+ programme “Strong Not Tough”.

<b>Venue:</b>	<b>Sligo Education Centre</b>
<b>Date:</b>	<b>March 14<sup>th</sup> and 15<sup>th</sup></b>
<b>Time:</b>	<b>9.30am - 4.00p.m</b>
<b>Registration:</b>	<b>Please contact Sligo Education Centre <a href="mailto:info@ecsligo.ie">info@ecsligo.ie</a> or Tel 0719138700 On or before Friday 2<sup>nd</sup> March.</b>

### SUBSTITUTION COVER AVAILABLE FOR DEIS SCHOOLS ONLY

See Irish Primary and Post Primary teachers/principals’ reflections on the *FRIENDS for Life* programmes at the following link: <https://www.youtube.com/watch?v=kDj1ny98hp0>



Sligo Education Centre