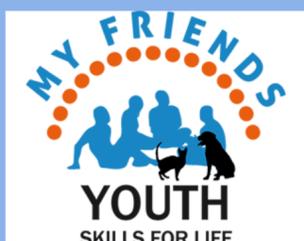


Feeling Friendly 10 hour Intervention Program for young people aged 12-15

Our feeling friendly for youth people is a group-based development program that gives participants the tools to cope with new challenges and experiences that come with Key Stages 3 and 4 (the 12 to 15 year old age group).

Adolescence is a time of change and offers many new challenges such as higher study loads, peer pressure, friendship difficulties as well as the physical and emotional changes associated with puberty.

This can be a stressful and difficult time for many adolescents but the My feeling friendly Youth Program arms its participants with positive coping skills and resilience to help them get through these situations and be ready for exams and transition into college or work.



Course Information Sheet

Feeling Friendly is proven to:

Reduce anxiety

Teach how to identify feelings and develop empathy

Teach how to control and regulate intense emotions

Provide relaxation techniques – like those used by athletes

Provide mindfulness skills and exercises to stay in the moment, focus and relax

Help to prevent bullying for both victims and bullies

Teach how to resist peer pressure and develop positive relationships

Develop and strengthen self-confidence

The Well-being Warriors Program is a 10 hour intervention based program, with each session taking between 1-2 hours depending on the activities chosen by the facilitator. In addition there is a 2 hour parent/guardian session which must be completed prior to your child starting on the program.

The FEELING FRIENDS Youth Program helps early-teens deal with these stressful situations by normalising the state of anxiety and teaching participants to regulate their emotions teaching the “Emotion Thermometer” concept.

It also arms them with problem solving strategies and develops self-confidence making it easier for them to face challenges and tasks in all aspects of their lives. It has been proven by research that these programs will decrease anxiety and depression.

My FEELING FRIENDS Youth is also able to help early teens resist negative peer pressure and become positive people which is crucial for their development at this volatile time in their lives. The program helps them to build positive relationships with others through the development of self-confidence, self-esteem and positive communication using eye contact, brave body language and speaking voice.

FOR FURTHER INFORMATION

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