

FRIENDS



F = FEELINGS

R = RELAX

I = I CAN TRY MY BEST

E = EXPLORE STEP PLANS

N = NOW REWARDS

D = DO IT DAILY

S = SUPPORT NETWORKS



Contact Information

FRIENDS Resilience Pty Ltd

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Growing Stronger Everyday

Feedback from the Parents

“When Zac started school, he walked into his classroom with a smile on his face and you could see that the skills he learnt at the skills he learnt at the FRIENDS Programs really helped him have a fantastic year.”

-
Joanna and Peter
Zac’s parents

“When Ryan first started the FRIENDS Programs, he couldn’t even speak in front of the class without feeling sick... We are proud to say that the program changed Ryan... He gave a talk in front of the whole school and no one could believe that he became the school captain in Year 7.”

-
Amanda and Rowan
Hannah’s parents

“We were very concerned about Hannah but through the program she learnt to relax, think in positive ways and develop the confidence to face challenges. Hannah now seems like a new young lady... She achieve a great OP for Year 12.”

-
Amanda and Rowan
Hannah’s parents

Dr Paula Barrett
is the author of the
FRIENDS Programs which
are used **Internationally.**

Paula is recognised as a leading researcher in the field of resilience in children and adults, and the prevention of anxiety and depression.



Countries using the FRIENDS Programs Worldwide



Endorsed by the World Health Organisation



Mind Matters rating of FRIENDS Programs



For Teachers and Parents

The FRIENDS Programs have been proven to:

- Improve academic achievements
- Develop confidence
- Make and maintain friendships
- Deal with bullying
- Prevent anxiety and depression
- Teach stress management and coping skills
- Improve attitude towards parents and teachers
- Develop empathy towards others

For GPs and Healthcare Professionals

Our clinical psychologists provide specialised treatment for:

- Anxiety, Depression & OCD
- Oppositional Defiant Disorder
- Attention Deficit Disorder (ADD)
- Eating Disorders (Anorexia & Bulimia)
- Autism & Aspergers Spectrum Disorder (ASD)
- Post Traumatic Stress Disorder (PTSD)
- Learning Assessments

Research and evidence based, The FRIENDS Programs are used internationally to promote resilience and prevent anxiety and depression in people of all ages.

Please contact director@friendsprograms.com