

**Craigwood Youth Services & Western Area Youth Services
would like to introduce a new group**

FRIENDS Growth Program

FRIENDS Purpose

The purpose of this group is to manage and prevent anxiety and depression by teaching youth practical skills and strategies for coping with stress, worry, fear and sadness.

Criteria/Selection Process:

- 12 to 15 year old males and females
- Youth willing to work towards positive change
- Anxiety to be the main issue youth are dealing with
- Parents/guardians are encouraged to attend two information sessions (February 25th and May 20th)

When:

Thursdays
February 25th – May 20th, 2010
3:30 pm – 5 pm

Where:

Craigwood Youth Services
520 Hamilton Road

To make a referral:

Contact the Crisis-Intake Team at **519-433-0334**
(Please leave a voice mail if there is no answer)

Please Note: Bus tickets are provided when needed

**FOR MORE INFORMATION, CONTACT KIM CAULFIELD (WAYS facilitator)
AT 519- 432-2209 Ext. 3608 OR
MELANIE STUDHOLME (Craigwood Facilitator) at 519-432-2623 Ext 233**