



**FRIENDS for Life™**  
**One-Day Anxiety Program Training for**  
**Professionals Working With Children (G2 - G6)**  
**HONG KONG**

**Did you know that anxiety disorders...**

- are the most common mental health problem affecting children and youth today (more than ADHD, behaviour disorders, or substance use disorders).
- cause a great deal of distress and suffering
- interfere with a child's healthy development and functioning at school, home and in the community.
- can be prevented and treated using the FRIENDS cognitive behavioural programs.

**Become Certified in the FRIENDS for Life™**  
**Anxiety Prevention and Intervention Program**

Attending this one-day training program will certify you to implement FRIENDS for Life™ with groups of children in education, health or social service settings on a no-charge basis.

**Time:** 9am to 5pm

**Cost:** HK\$3,800 (includes FRIENDS for Life Facilitator Manual, Child Workbook, FRIENDS Resources, Handouts, Refreshments, Breakfast and Lunch).  
Discounts apply for 2 or more participants registering together from the same organisation.

**Monday, 5 September 2011**

**Langham Place Hotel**  
Mongkok, Kowloon

*Places are strictly limited. Please email first to confirm availability.*

**Email:** [training@etal.asia](mailto:training@etal.asia)

**Phone:** +852 3552 3012

**[www.etal.asia](http://www.etal.asia)**

FRIENDS is a world-leading program proven to be effective in helping children and youth cope with feelings of fear, worry, and depression and build emotional resilience and self-esteem.

FRIENDS is being used in schools and clinics around the world and is the only program of its kind recognized by the (WHO) World Health Organization. The FRIENDS program uses a simple format to teach important cognitive, behavioural, and emotional skills, such as how to:

- Be a friend to ourselves and others
- Recognize signs of anxiety
- Positively manage our emotions
- Demonstrate empathy for others
- Relax and calm down
- Use positive, helpful self-talk
- Changing unhelpful to helpful thoughts
- Problem-Solving
- Face feared or difficult situations
- Look for positives in situations (attention training)
- Role models and building support teams

FRIENDS promotes self-confidence in dealing with difficult or anxiety provoking situations and teaches essential life/coping skills.

**How to Register**

Complete a Professional Training Application Form (available online at [www.etal.asia](http://www.etal.asia) or by emailing: [training@etal.asia](mailto:training@etal.asia)) and return by mail to ETAL Limited along with payment for the program in full.

ETAL Limited  
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ETAL Limited is the licensed Pathways Health and Research Centre FRIENDS Training Partner for the Hong Kong and China regions in English, Cantonese and Putonghua.

