

Craigwood Youth Services & Western Area Youth Services

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:

- 11 to 14 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

When:

Please call for details.

Where:

Craigwood Youth Services
520 Hamilton Road, London, ON

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 x3509

OR

MELANIE STUDHOLME (Craigwood Facilitator) at 519-432-2623 x233