



are delighted to announce our upcoming workshop
“Strong not Tough”

FRIENDS Resilience Mental Health & Wellbeing Program

When: Saturday the 28th & Sunday 29th April 2018

Time: 10.30 a.m. – 3.30 p.m.

Venue: Teac Tom,
15 Ormonde Road,
Kilkenny

Age: 16 – 18

Email for registration:

rory.teactom@gmail.com

Places are limited so please contact us as soon as possible to book
your space.

About the program:

“Strong not Tough” a positive mental health programme developed by FRIENDS Resilience that utilises Cognitive Behavioural Therapy (CBT) based approach to assist building resilience with young adults. Backed by years of research, FRIENDS adult Resilience is evidence based and proven to equip participants to be the best version of themselves.

This program seeks to:

- To help young people understand the role Feelings, Thoughts and Behaviour’s.
- How to listen to body cues for stress and learning techniques to relax.
- Identify negative self-talk and building coping plans to challenge these thoughts.
- Developing non-internet-based friendships and relationships.

The program aims to do this in a safe, respectful and fun environment with fully trained facilitators.

