

# FRIENDS for Life Parent Program

## Workshop

### for families & caregivers of children ages 4 - 13

You will gain parent-friendly tools and information to practice FRIENDS skills at home, including helping children to cope with their worries, learn how to relax, problem solve, and much more!

\*FRIENDS is an evidence-based, anxiety prevention and resiliency program for children and youth that is delivered by teachers to students in the classroom.

## Thurs. Mar. 31 7:00 - 9:00PM

Doors open at

- **Location:** Lochside Elementary School - Library  
1145 Royal Oak Drive, Victoria
- This workshop is **FREE**, however seating is limited, so RSVP's are required. **Please RSVP no later than Mar. 29 4pm**
- Use this link to RSVP: <https://www.eventbrite.ca/e/lochside-elementary-school-pac-victoria-friends-parent-program-workshop-tickets-22703662265> if you don't have internet access phone 250-833-6100 or 1-855-887-8004

[www.friendsparentprogram.com](http://www.friendsparentprogram.com)