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**211 Wentworth Street**

**Saint John, N.B. E2L 2T4**

**E-mail:** **saintjohn@frc-crf.com**

**Website:** [**http://www.frc-crf.com**](http://www.frc-crf.com)

**Tel: (506) 633-2182**

**F U N F R I E N D S**

 **FUN FRIENDS is a play-based program designed to teach**

 **young children practical, useful strategies for coping with**

 **stress, worry, fear and sadness (e.g. how to be brave,**

 **solve problems, think positively, relax and face challenges).**

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**"FUN FRIENDS will help parents and 4-5 year-old children learn**

**valuable coping skills together as a family, in a FUN way!!"**

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 **What: Building Resilience Program (8 - week program)**

**Who: Parents / Caregivers and**

 **4-5 year - olds**

 **When: Friday mornings, (8 sessions; 1 session per week)**

 **10:00am until 11:30am**

 **Start Date: March 18th, April 1st, 8th, 15th, 22nd, 29th,**

 **May 6th, 13th. (No session on Good Friday, March 25th)**

 **Where: The Family Resource Centre, (S.J.) Inc.**

 **211 Wentworth Street**

**Childcare / Transportation may be available**

**Limited spaces, registration is required**

**Call Karen at 633-2182 for more details!**

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**The Acronym for FUN FRIENDS:**

**Feelings (Talk about your feelings and care about other people's feelings)**

**Relax (Do "milkshake" breathing, have some quiet time)**

**I can try! (We can all try our best)**

**Encourage (Step plans to Happy Home)**

**Nurture (Quality time together doing fun activities)**

**Don't forget to be brave! (Practice skills everyday with friends and family)**

**Stay happy :)**