



FRIENDS RESILIENCE



Support wellbeing within your family with the 'Start building resilience' package. This includes:

- A 2-hour video aimed at equipping adults and teenagers with resilience building skills (this can be watched in small sections);
- eBooks per relevant age group:
 - Start building resilience for adults and teenagers
 - Start building resilience for children
 - Start building resilience for young children

This programme will support your child to better manage their feelings, develop more helpful thinking and learn about a healthy lifestyle.

Your child's school might run the FRIENDS programme (<https://friendsresilience.org/>), this package brings these skills to families. To access this package for your family please email the following address and include your child's age and the name of their school: Friends4Families@Birmingham.gov.uk

You will then receive a log-in for the website within five working days and a code which will allow you to create an account and use an online workbook and video.

