“Fun Friends”, “Friends for Life” and “My Friends Youth” Programs

‘FRIENDS’ Programs focus on developing emotional resilience in children and adolescents. It has proven to be effective in building emotional and social skills and resilience strategies that are practical and useful for coping with times of worry and stress. And they are skills that will stay with children for life. Families are also empowered as they become involved and help their children to implement the new skills and strategies.

Anxiety is the most common form of psychological disorder, affecting up to 20% of children and teenagers. If left unattended, anxiety significantly interferes with a child’s development and can cause serious problems in later life, such as social isolation, underachievement and depression.

Particularly for young children, constant worry about relatively normal, everyday activities, such as a school camp, playing with friends or completing homework, as well as worry about overseas events such as earthquakes and terrorism can significantly detract from a child's learning. These effects can also extend to a child's peers or siblings, multiplying the negative effects of anxiety.

NOW for ADULTS: Pathways is pleased to introduce “Resilience for Life” – an adult resilience program. For adults anxiety and worry can be part of everyday life, however, sometimes anxiety and stress can interfere with work, relationships, family routine and enjoying life in general. If left unattended, anxiety significantly can cause serious problems in life, such as social isolation, underachievement and depression. For more information, email training@pathwayshrc.com.au or phone 33916866.

The Facilitators

Each group is facilitated by one of our team of highly qualified Psychologists, all of whom are experienced specialists in the field of anxiety in children and adolescents.
What the Program Package Includes:

Term Programs:

- **12 weekly “Friends” Program Sessions** (each for **1 hour and 30 minutes**). This consists of:
  - 10 sessions held weekly throughout one whole school term, and
  - then 2 “Booster” sessions which are held after school holidays (early in the next school Term. Please note that the day and time for these last two sessions may be different from the first ten sessions.

- **“Friends” or “Fun Friends” Pack which includes the following items:**
  - Workbook (needed every week)
  - Pathways Cap
  - Eye Mask
  - Pathways Pen
  - Pathways Carry Bag
  - Pathways Puppet (Fun Friends Only)

- **The Parent’s Package is included** in the Friends Package. It consists of **two x 1 ½ hour Parenting Workshops** for both parents, designed exclusively for parents of children doing “Friends” to compliment and maximise the outcomes for your family from the Program. See attached information about the Parenting Workshops.

- **ALSO: Time for Parents to join in** It is important that at least one parent (and siblings are also welcome) attends the last 15-20 minutes of each session. This allows you to understand the skills and strategies covered in the session, and enable you to help your child implement these skills and strategies at home and in other situations. Also, any concerns that may arise during the week can be dealt with at this time.

Holiday Program:

- The intensive holiday program includes **10 daily “Friends” Program Sessions** (each for **1 hour and 30 minutes**). The content and presentation of the sessions are exactly the same as the Term program.

- Children will receive the same “Friends” or “Fun Friends” pack which includes:
  - Workbook (needed every week)
  - Pathways Cap
  - Eye Mask
  - Pathways Pen
  - Pathways Carry Bag
  - Pathways Puppet (Fun Friends Only)

- Parent workshops are not provided for the holiday programs and therefore not included in the cost, however, if you would like to, and can, attend the parent workshops provided for the Term programs than we encourage you to do so. Please see the options for dates on the Term timetable, page 11.
What You Need to Bring to Each Session

Depending on the group your child is in, they will need to bring the following (Note: Items already provided in our package*):

**Fun Friends Group**
- Plastic A4 document wallet
- Coloured wind-up crayons
- A sheet of Stickers
- Water bottle (clearly named)
- Fun Friends Workbook*
- Eye Mask*
- Pathways Puppet*

**Early Primary/ Junior Youth**
- Plastic A4 document wallet
- Textas or coloured pencils
- Sheet of stickers
- Water Bottle (clearly named)
- FRIENDS Workbook*
- Eye Mask*

**Senior Youth Friends**
- Friends Workbook*
- Pathways Pen*
- Eye Mask*
- Water Bottle (clearly named)

Missing Sessions

First and foremost, it is really important your child attends all sessions and we strongly encourage your child does not miss any unless the circumstances are extenuating. The content of the programs are delivered in a logical and deliberately structured way to maximise the child’s learning and understanding of the concepts and strategies. If, however, this is unavoidable then you can book in to see the particular Psychologist who is taking your child’s group for an individual session before the next group session. The benefit of this is that the Psychologist will already know your child and your child will receive 1-on-1 attention during this session. Please book ASAP with the Psychologist as it may be difficult to get in on short notice. To arrange this call our Woolloongabba Clinic on 3391 6866 to arrange. This option will cost the same as an individual 1-on-1 consultation at $180.

If you pay weekly as your child attends the groups, and your child is unable to attend one of the weeks, having an individual session is still an option and available to you by booking as above. We would like to stress though that to get the best results from the groups they are a 12 week commitment. However we do appreciate that from time to time due to unforeseen circumstances a session may need to be missed.

The Cost (please see pages 17/18 for a full breakdown)

It is important to note that Private Health Insurance will generally cover a percentage of the cost, so please ring us or your health fund to discuss what you may be entitled to. The item code to quote to your health fund is F56 – Group Psychology with Family Involvement. There are different factors that determine the cost, including whether or not you decide to pay “Up Front”, (i.e.: where the total amount is due 1 week before the commencement of the Program), or on a weekly basis. Also, whether siblings are also doing or have recently participated in the Friends Program.
Rebates

Private Health Insurance

**IMPORTANT: **Private Health Insurance will generally cover a portion of the cost, so please ring us or your health fund provider to discuss what you may be entitled to and determine your level of cover.

A rebate is generally available from your Private Health Insurance to cover a percentage of the cost. It is important to enquire with your particular Private Health Insurance Company about their rebate. For your information and when you enquire to your Health Insurance Company, please note that each session will come under “Family attendance” for a clinical Psychological consultation (because more than one family member is participating in each session).

It is important to speak to us further about the Private Insurance rebate/receipt as we may be able to include a parent/s who participates in the program with their child, making it more affordable.

If you do not currently have private health insurance, it may be beneficial for you to seriously consider joining, remembering that there will normally be a two month waiting period before being able to claim. MBF (extras cover) is just one company which we have found to provide good cover for Psychological consultations and often are able to waive the waiting period giving access to our services immediately. To find out more phone Nicole at MBF on 3343 1555 or email nicole.rawcliffe@mbf.com.au

Medicare

Please note that the Medicare rebate is an alternative to Private Health Insurance rebates as you are only able to benefit from **EITHER (but not BOTH) Medicare OR Private Health Insurance.**

In 2006, the Government introduced a new Medicare Benefits Schedule initiative called the Mental Health Care Plan. This initiative aims to increase community access to psychologists, general practitioners and other allied health professionals for mental health care. This new initiative provides Medicare members with a rebate of $19 - $28 for group sessions, and at least $78 (and up to $115) for individual consultations. This is available for up to 12 consultations/sessions. If your child qualifies to be placed on this special health care ‘plan’ then the Medicare Rebate may be claimed. Your child must fall under a certain criteria. To find out if your child is eligible, you must make an appointment to see your doctor. We have found that many of our clients have been eligible after discussions with their GP.

If you have any queries regarding the Medicare rebate, please contact your doctor’s surgery (either your GP, a Paediatrician or a Psychiatrist) or ring Medicare on 132011 or visit their website: www.medicareaustralia.gov.au
Where to Find Us

Woolloongabba
Pathways Health and Research Centre Woolloongabba: 8 Catherine St, Woolloongabba
Street next to the church hall, where we are the new building on the left.

Parking: Parking is available directly outside our centre as well as along Catherine Street. Please note that during the week there is a 2 hour limit, however on weekends it is unlimited.

There is also parking in Clarence Street and Crown Street (see map).

Once you have booked your child in for the ‘Fun Friends’ or ‘Friends for Life’ program, one of our staff members will be in contact with you approximately 2 weeks prior to the commencement of the groups, to confirm the final details of the program.

Please don’t hesitate to phone our office on 3391 6866 to ask any questions about any of our programs, or email groups@pathwayshrc.com.au or go to our website: www.pathwayshrc.com.au to find out more.

Kind regards

Kirby Miles
Group Program Coordinator at Pathways
# Overview of the Skills and Techniques Taught in the FRIENDS Program

## Concepts, Skills, and Strategies Taught

<table>
<thead>
<tr>
<th>Session</th>
<th>Fun Friends</th>
<th>Friends for Life</th>
<th>My Friends Youth</th>
</tr>
</thead>
</table>
| **Session 1** | **Getting started:**  
- Working in groups  
- Feeling confident and brave  
- Getting to know one another  
- Understanding and accepting differences  
- Goal setting  
- Identifying happy experiences (ongoing) | **Introduction to the group and rationale:**  
- Getting to know one another  
- Working in groups  
- Understanding and accepting our similarities and differences  
- Identifying happy experiences (ongoing) | **Introduction to the group and rationale:**  
- Establishing the group guidelines  
- Getting to know one another  
- Understanding and accepting differences  
- Goal setting and identifying past successes |
| **Session 2** | **My feelings:**  
Step 1 of FRIENDS plan:  
F = Feelings  
- Understanding feelings in ourselves and others (feelings role-play and scenarios)  
- Normalisation of all feelings  
- Making happy feelings grow | **Introduction to feelings:**  
Step 1 of FRIENDS plan:  
F = Feelings  
- Understanding our own and other people's feelings (empathy)  
- Importance of showing our feelings | **Understanding feelings in ourselves and others:**  
Step 1 of FRIENDS plan:  
F = Feelings  
- Understanding body clues  
- Emotion regulation and how to deal with anger and fear  
- Being a good communicator  
- Empathy |
| **Session 3** | **Your feelings:**  
- Paying attention to other people’s feelings (family/friends/teachers)  
- Helping other people feel better (empathy training)  
- Recognising and identifying other’s feelings | **Introduction to body clues and relaxation:**  
Step 2 of FRIENDS plan:  
R = Remember to Relax  
- Feeling confident and brave  
- Listening to our body’s clues to understand feelings  
- Exploring methods of relaxation – progressive muscle relaxation, deep-breathing, using relaxation scripts, the importance of rest and quiet time  
- How to feel good and help other feel good | **Focusing on confidence:**  
- Introduction to confidence and feel-good activities  
- Friendship skills |
| **Session 4** | **Relaxation:**  
Step 2 of FRIENDS plan:  
R = Relax | **Helpful (green) and unhelpful (red) thoughts:**  
Step 3 of FRIENDS plan: | **Learning to relax, self-awareness and awareness of others and your** |
| Session 5 | Listening to your body  
Breathing slowly  
Relaxation games  
I = I can try my best!  
Understanding how thoughts and feelings affect behaviour  
Identifying unhelpful and helpful thoughts  
More on relaxation  
Red (unhelpful) and Green (helpful) thoughts:  
Step 3 of FRIENDS plan:  
I = I can try  
Feelings vs. Thoughts  
Unhelpful RED thoughts = stop, and helpful GREEN thoughts = go  
Changing unhelpful thoughts into helpful thoughts:  
Challenging/replacing unhelpful thoughts  
Thinking in positive, helpful ways  
Introduction to inner helpful thoughts:  
Step 3 of FRIENDS plan:  
I = Inner helpful thoughts  
Powerful thinking  
The connection between thoughts, feelings, and behaviours.
| Session 6 | Introduction to coping step plans:  
Step 4 of FRIENDS plan:  
E = Explore step plans  
Exploring ways to cope with difficult or challenging situations  
Practice using coping step plans (breaking down a difficult task/situation into smaller manageable steps)  
Introduction to attention training:  
Using thoughts to change feelings  
Three steps for positive solutions  
Attention training  
Changing “red” thoughts into “green” thoughts:  
Unhelpful to helpful thoughts  
Throwing away “red” thoughts can be easy  
Doing things one step at a time:  
Step 4 of FRIENDS plan:  
E = Encourage  
Breaking hard things down into lots of little steps  
Learning to be brave and try new things!  
Learning from our role models and building support teams:  
Understanding the importance of role models and support teams  
Establishing personal role models and support team  
Being part of someone else’s support team  
Ways to cope and solutions:  
Step 4 of FRIENDS plan:  
E = Exploring solutions and coping step plans  
Ways to cope with difficult or stressful situations  
Practicing coping step plans (breaking down difficult tasks into manageable steps  
Steps to being a good friend:  
How to be friendly and make new friends  
Being a good friend (smile, share, help,  
Using a problem solving plan:  
6-block problem-solving plan: identifying the problem and possible  
Using problem-solving and building support teams:  
6-stage problem-solving plan to sort out situations  
Session 7  
Session 8 |
| Session 9 |
|-----------------|-----------------|-----------------|
| **Giving ourselves a pat on the back:** | **Using the FRIENDS skills to help ourselves and others:** | **Making our interactions with each other a success:** |
| **Step 5 of FRIENDS plan:** | **Step 5 of FRIENDS plan:** | **Step 5 of FRIENDS plan:** |
| N = Nurture | N = Now reward yourself! | N = Now reward yourself! |
| • How to reward ourselves when we’ve tried our best | • Being proud and rewarding ourselves for trying | • Leadership skills in peacemaking |
| • Step by step planning (of a party) | • Practising praising | • Handling conflict in a CALM way and understanding conflict styles |
| | • Attention training | • Managing bullying and peer-pressure |

| Session 10 |
|-----------------|-----------------|-----------------|
| **Family, schools, neighbours and friends** | **Review and celebration!** | **Using the FRIENDS skills to help ourselves and others:** |
| | **Step 6 of FRIENDS plan:** | **Step 6 of FRIENDS plan:** |
| | D = Don’t forget to practice | D = Don’t forget to practice the skills you have learnt |
| | • Preparing for future challenges | • Tips for reinforcing and practicing the skills outside the groups |
| | • Remembering the FRIENDS plan | • Brain development during youth – awareness activity |
| | • Sharing ‘positives’ | • Helping others and giving back to the community |
| | • Present certificates and rewards | • Building school, family and community spirit |
| | • End of program party!! | • End of program celebration!! |

| Session 11/Booster 1 |
|-----------------|-----------------|-----------------|
| **Our circle of love and friends:** | **Review and Practise** | **Review and Practise** |
| **Step 6 of FREINDS plan:** | • Activities reinforcing the skills and strategies learnt during the program | • Activities reinforcing the skills and strategies learnt during the program |
| D = Don’t forget to be brave | | |
| • Support groups across settings – our family, | | |
friends and teachers can help us become brave

| Session 12/Booster 2 | Dress-up party!!
Step 7 of FRIENDS plan:
S = Stay calm
End of program celebration |
|---------------------|---------------------------------------------------|
| Review and practice
Step 7 of FRIENDS plan:
S = Stay calm for life! |
- Activities reinforcing the skills and strategies learnt during the program.
- Program close |
| Review and Practise
Step 7 of FRIENDS plan:
S = Stay strong inside |
- Activities reinforcing the skills and strategies learnt during the program.
- Preparing for future challenges
- Program close |
Read the “Time” Magazine review of the Friends Program...

‘With Help From Friends’
A pioneering Australian program aims to calm anxious kids before they become troubled teens
By DANIEL WILLIAMS / BRISBANE

The kid who puts tacks on classmates’ chairs and turns his math tests into paper planes may have a problem, but chances are someone will act quickly to find out what it is. Maybe it's one of the attention disorders so commonly diagnosed these days; perhaps there's trouble at home. The point is that disruptive children don't go unnoticed. But what of the child in the same classroom who never acts up and whose reports are full of ticks in the right boxes? Though easy to teach compared to the troublemaker, some children like this might also be crying out for help, if only they could summon the nerve. Thanks to a new Australian program, help might find them first.

The prevalence of anxiety among children in many developed nations seems to be rising. Whatever the causes (and the decline of the extended family, overemphasis on achievement and a general speeding up of life are all possibilities), it's estimated that between 15 and 20% of kids feel anxiety that diminishes the quality of their lives. Put simply, these children spend too much time worrying, ruining what should be their most carefree years.

Instead of looking forward to a school camp, for example, they fret about what might go wrong, like being served food they don’t like or having to shower in front of others. While these scenarios might cross the minds of most kids, anxious ones would rather skip the camp than risk embarrassment. Some extremely anxious children worry incessantly about things beyond their control, such as earthquakes, nuclear war and sars, inflating in their minds the danger to themselves and their families. Worse, sufferers feel compelled to conceal their fears from everyone and often grow into depressed teens. "Anxious children are too rarely brought to us," says clinical psychologist Dr. Paula Barrett, director of Pathways Health and Research Centre in Brisbane, "so we've started going to them."

This is done with a Barrett-designed program called friends, which is used widely in Australian hospitals and clinics to treat anxious children and depressed adolescents. But it's as a course presented in both primary and secondary schools and aimed at preventing anxiety that friends (a mnemonic for Feeling worried? - Relax - Inner thought - Explore plans - Nice work, reward - Don't forget to practice - Stay calm) is taking off. By helping young people to accept their feelings as legitimate and showing them techniques of positive thinking and problem solving, the program "builds their emotional resilience," claims Barrett, who is also associate professor of psychology at Griffith University. In Australia, some 40,000 students - mainly in private schools - have done friends, which has also reached children in New Zealand, South Africa, the U.S. and Europe. Canadian schools are soon to begin a large trial of the program, which will be translated later this year into Chinese and Russian. "Dr. Barrett's work in childhood anxiety can only be described as ground-breaking," says Dr. Deborah Beidel, professor of psychology at the Maryland Center for Anxiety Disorders, a leading specialist facility in the U.S.
As both a preventive and a treatment tool, Friends is helping to control childhood distress. For evidence, there are the favourable results of numerous trials - and there are children like Maddison, who was eight when her Dad left home to live with one of her Mum's friends. Previously outgoing, she became increasingly withdrawn and diffident as she struggled with feelings of guilt and confusion. Steered toward Barrett by the family's G.P., Maddison thrived in the friends program. One afternoon last week she sat doing her homework at a desk at Pathways, where her mother, Vikki, works at the front desk. Now 11, Maddison explained how she'd just auditioned at a big dance school. It had been nerve-racking, she said, having to perform ballet and a jazz routine in front of the examiners and other kids; she'd even had to sing Happy Birthday. She didn't make it into the school, but the point for her was that she'd tried, and driving home afterward Vikki choked up when Maddison told her, "You know, I'm so proud of myself."

In the '90s, as Barrett was drawing on work by American psychologist Phillip Kendall to design friends, researchers were fine-tuning their theories on the types of children most prone to anxiety. They now believe that 1 in 5 is born, as Barrett describes it, "physiologically sensitive to stress and certain stimuli." A test for this sees three-month-old babies held by their mothers and exposed to a sudden noise. The heart rate of the sensitive child rises higher and more quickly than the average child's, and remains elevated for longer.

But of every five sensitive kids (who tend to be smart and artistic), three won't develop problems with anxiety. Their secret, explains Barrett, is certain "protective factors." Top of these is parenting style: the sensitive child whose parents are encouraging and optimistic generally rises above his predisposition toward anxiety. On the other hand, a child with the double whammy of physiological sensitivity and negative parents whose favoured approach to problems is to avoid them "is going to be a bit of a mess," says Barrett. Sensitive kids "desperately need the parent who says, 'Yes, there are some dangerous things, but we can learn to cope with them and generally the world is a pretty good place.'" In the past few years, researchers have become convinced that other things can help prevent children from lapsing into anxiety, including a school environment that is welcoming and puts participation above achievement, and a network of good friends.

Barrett first read psychologist Kendall's work while researching her Master's thesis on childhood fears in 1992. She was fascinated, and later wrote to him seeking permission to develop it. Kendall had challenged the prevailing notion that children weren't capable of thinking about how they think, and that it was therefore pointless to try to treat their anxiety with cognitive behavioural therapy; the only solution, it was believed, was to help the parents manage the child's behaviour. Barrett agreed CBT directed at the child could work, and thought Kendall's "Coping Cat" program could be built on by encouraging greater parental and sibling involvement in the treatment. She also began treating anxious kids in groups, convinced the interaction would boost their confidence.

Her latest contribution is the prevention program. There are two friends courses in schools, one aimed at children aged 10-12, the other at 15- and 16-year-olds. Run by teachers in 10 sessions over as many weeks, they introduce children to "thought terminators" to fight negative thinking and six-step plans to beat problems that may seem insurmountable.

Apart from draining joy from young lives, untreated childhood anxiety tends to morph into adolescent depression, a strong risk factor for suicide. Living with fear wears down the will to live, and constantly avoiding unpleasant things - while it offers short-term relief - eventually makes the sufferer feel isolated and useless. Katherine, 18, of Brisbane, recalls a childhood spent in her "own little world," not feeling close to either parent, hung up on doing everything perfectly and racked by
the fear of getting into trouble. By her final year of high school, she was so filled with despair that she resolved to kill herself. "I had it all planned out," she says. But with just days to spare, Katherine's concerned ancient history teacher steered her toward Barrett. "When I was talking to Paula and doing the program, nothing else mattered," says Katherine. "Compared to how I was, I'm 500% better." friends isn't a panacea. Katherine's treatment included antidepressant drugs, which Barrett says are an important aid to treatment when the anxiety or depression is severe. She dismisses any suggestion that treating childhood anxiety - even with cognitive behaviour therapy alone - is an example of medicalising normal human variation. Some kids are always going to be scared of the dark or socially awkward, and Friends doesn't expect to change that. The beauty of presenting the program in schools, Barrett argues, is that it keeps non-anxious kids non-anxious, leads the somewhat anxious toward normality, and helps teachers to identify those whose anxiety may need one-on-one clinical attention. This last group's anxiety isn't part of the normal range of variation, she stresses: "Internally, they are suffering."

The saddest news on anxiety is that it is showing up in younger and younger children. Barrett has now developed a friends course ("Fun Friends") aimed at pre-schoolers. Even the child playing quietly with her blocks may be thinking thoughts no one would have imagined.
Parenting Workshops for The “Fun Friends” and “Friends”

Important: Please take note of the date of the Parent Workshop your child is enrolled in and book into your calendars early.

About the workshops

- These invaluable workshops are now automatically incorporated into the Friends Program. As they compliment and support the skills and strategies your child/ren will learn in the Program, they are particularly valuable for parents of those children who are participating in the “Fun Friends” and “Friends” program. However, any parent will also gain a lot from the workshops, as they focus on topics described in the overview below.
- These workshops will be “parents only” which will allow you to relax and not be distracted by children.
- Parents are encouraged to ask any questions about the program and clarify any particular issues of concern. Sometimes this is easier done without your child present.
- One of our child Psychologists, experienced in Parenting Programs as well as the Friends program will be conducting these workshops. They will go into depth about topics as listed below.
- Parents will be given comprehensive information about the strategies and skills being learnt by the children in order to gain a better understanding of the program.
- The cost of the program includes two parents or caregivers to attend these workshops. It is recommended that both parents/caregivers attend if possible, even if it means on different evenings, so that both parents/caregivers have an equal understanding about the FRIENDS program, and work with consistency in supporting your child to implement the skills and strategies.
Details about the workshops

Number: There are 2 workshops in total. An induction prior to the group starting, and one half way through the program.

Duration: 1 and ½ hours each

Venue: 8 Catherine Street, Woolloongabba

Time: 6.30pm – 8.00pm

Parking: On-street parking available at this time

Includes: Informative handouts emailed at the conclusion of the workshops

Tea and coffee provided

Cost: Included in the Friends Package ($80)

Overview of Each Workshop

Parent Workshop 1
- Overview of Anxiety and Depression
- Why children get distressed
- What the Friends for Life Program Entails
- About skills and strategies that your child will learn throughout the Program
- How to Implement these Skills at Home

Parent Workshop 2
- How to Manage YOUR Stress/Anxiety levels and become a friend to yourself and your partner
- How to Maintain the Skills your child has learnt from the Program
- Problem Solving for the Future
- Addressing general concerns about other aspects of parenting
## TERM 4 2011 TIMETABLE

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Group</th>
<th>VENUE</th>
<th>DAY</th>
<th>TIME</th>
<th>1st Week</th>
<th>10th Week</th>
<th>Booster # 1</th>
<th>Booster # 2</th>
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<tbody>
<tr>
<td>Fun Friends</td>
<td>4-6 yrs</td>
<td>W’Gabba</td>
<td>SAT</td>
<td>9 – 10.30am</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; October</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt; December</td>
<td>4&lt;sup&gt;th&lt;/sup&gt; Feb 2012</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt; March 2012</td>
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<td>SUN</td>
<td>9.00 – 10.30am</td>
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<td>4&lt;sup&gt;th&lt;/sup&gt; December</td>
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<td>SUN</td>
<td>11.30 – 1.00pm</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; October</td>
<td>4&lt;sup&gt;th&lt;/sup&gt; December</td>
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<td>SAT</td>
<td>9.30 – 11.00am</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; October</td>
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<td>My Friends – Junior Youth</td>
<td>11-13 yrs</td>
<td>W’Gabba</td>
<td>SAT</td>
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</tr>
<tr>
<td>My Friends – Senior Youth</td>
<td>14-17 yrs</td>
<td>W’Gabba</td>
<td>SUN</td>
<td>1.00 – 2.30pm</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; October</td>
<td>4&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>12&lt;sup&gt;th&lt;/sup&gt; Feb 2012</td>
<td>11&lt;sup&gt;th&lt;/sup&gt; March 2012</td>
</tr>
</tbody>
</table>

**PARENT WORKSHOPS** – held at our Woolloongabba Clinic, 8 Catherine Street

<table>
<thead>
<tr>
<th>Parenting Workshop 1</th>
<th>MY FRIENDS YOUTH</th>
<th>Monday</th>
<th>26&lt;sup&gt;th&lt;/sup&gt; Sept</th>
<th>6.30pm-8.00pm</th>
<th>Parenting Workshop 2</th>
<th>Friday</th>
<th>4&lt;sup&gt;th&lt;/sup&gt; Nov</th>
<th>6.30pm-8.00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting Workshop 1</td>
<td>FUN FRIENDS</td>
<td>Tuesday</td>
<td>27&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>6.30pm-8.00pm</td>
<td>Parenting Workshop 2</td>
<td>Tuesday</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Nov</td>
<td>6.30pm-8.00pm</td>
</tr>
<tr>
<td>Parenting Workshop 1</td>
<td>FRIENDS FOR LIFE</td>
<td>Thursday</td>
<td>29&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>6.30pm-8.00pm</td>
<td>Parenting Workshop 2</td>
<td>Thursday</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt; Nov</td>
<td>6.30pm-8.00pm</td>
</tr>
</tbody>
</table>
## JANUARY 2012 HOLIDAY INTENSIVE SCHEDULE

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Group</th>
<th>VENUE</th>
<th>TIME</th>
<th>DATES</th>
<th>Booster # 1</th>
<th>Booster # 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fun Friends</td>
<td>4-6 years</td>
<td>W’Gabb a</td>
<td>9am – 10.30am</td>
<td>Monday, 9th January – Friday 20th January (excl. weekends)</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>Friends for Life</td>
<td>7-10 years</td>
<td>W’Gabb a</td>
<td>11.am – 12.30pm</td>
<td>Monday, 9th January – Friday 20th January (excl. weekends)</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>My Friends Junior Youth</td>
<td>11-13 years</td>
<td>W’Gabb a</td>
<td>1pm – 2.30pm</td>
<td>Monday, 9th January – Friday 20th January (excl. weekends)</td>
<td>TBC</td>
<td>TBC</td>
</tr>
</tbody>
</table>
‘FRIENDS’ Program Costs 2011 – Term or Holiday Intensive

Rebates available – Private Health Insurance: Private Health Insurance rebates are determined by each provider. Some cover at least 50% of the cost, so please ring us to discuss some of the options. If you are calling your health fund, please quote Item No. F56 (Group Psychological Consultation with Family Involvement) and be sure to mention that your child and parent/s are attending (as parents attend the last part of the Session).

Medicare Rebates: If your child is eligible for Medicare rebates, then this will entitle you to a minimum of $28 per week for the basic Medicare rebate. However, if you are entitled to Safety Net threshold rebates, you may receive up to 90% of the cost. Medicare rebates are complex so it is best to phone them ask about your family’s circumstances and rebates offered. You may have to register your child on a Mental Health Care Plan with your family doctor or Paediatrician. The item numbers to quote are generally 80020 or 80120.

The Cost Includes

- 12 sessions (1 hour and 30 minutes weekly)
- 1 x Workbook
- Pack containing Pathways Bag, Pen, Cap, Eyemask (and Puppet for Fun Friends)
- 2 x Parent Workshops for two parents or caregivers of the child to attend. These run in the evening during the term for 1 hour and 30 minutes each. Participation by both parents/caregivers is highly recommended for understanding of skills and strategies, and consistency in implementation and support at home.

Several payment options are available. In each a deposit is required at booking which covers the first session of the program, the Parent Workshops, and the Resource Pack.

- **UPFRONT OPTION**
  
  **$1374:** Equivalent to $102 per week for 12 weeks + $150 for two parent workshops and the resource pack. This method attracts a 15% discount (over $200) off the weekly sessions. A holding deposit of $252 ($102 for the first session + $150 for the parent session and resource pack) is required at the time of booking (unless you wish to pay the full amount upfront). The remainder of the upfront amount of $1188 will need to be paid one week prior to groups commencing. Please note that the pay upfront policy does not credit refunds for missed sessions (feeling unwell/clashes with other engagements) with the exception of extremely extenuating circumstances judged on a case by case basis. Furthermore, catch ups (should you wish to have one) for missed sessions are at the individual rate of $185/session.

- **Paying Session by Session OPTION**
  
  **$1590:** Equivalent to $120 per week for 12 weeks + $150 for two parent workshops and the resource pack if paying WEEKLY rather than a full payment upfront. A deposit of $270 ($120 for the first session + $150 for the parent session and the resource pack) is required at the time of booking.
SECOND SIBLING DISCOUNT
$1302 SECOND SIBLING DISCOUNT: Equivalent to $96 per week for 12 weeks + $150 for two parent workshops and the resource pack for a second sibling who attends a Friends Program in the same term or in another term soon after. This is a 20% discount off the weekly sessions. A holding deposit of $246 ($96 for the first session + $150 for the parent workshops and resource pack) is required at the time of booking.

SPREAD THE WORD ABOUT OUR PROGRAMS!
If you can organise others to complete one of our programs during the same term as your child(ren), then you will be eligible for an extra 10% discount per person, up to 5 children, receiving a maximum of 50% off the total cost of one of our programs!

Group referrals – if you refer 8 children to enroll in a Pathways group program you will receive the program completely free of charge!

How to Pay:
Our staff will contact you prior to the program start date to finalise payment, however please feel free to contact us if you’d like to make the payment beforehand. This requires the following information from you:-

Weekly or Upfront via one of the following methods:
- Credit Card payment over the phone (see above phone number)
- Cheque (payable to Pathways Health & Research Centre)
- Internet banking into the Pathways Account. Details as follows:-
  Account Name: Pathways Health & Research Centre
  BSB No: 084447
  Account No: 559040652
** Please make sure that description includes:
1. Your Child’s Name
2. “Payment for Friends

Cancellation Policy for the Friends Program:
Refunds of the deposit will be given (less an administrative fee) depending on the notice given:
- If 4 weeks or more notice given then refund given less a $50 administrative fee
- If 2 weeks’ notice given then refund given less a $100 administrative fee
- If 1 week or less notice given then there is no refund possible.

Please note that registration is transferable to another date, to another person, or for an Individual Consultation.
Please be aware that a Friends Program may be rescheduled if there are insufficient participant numbers for any particular group. In this case Pathways will make a full refund if the alternative date is not suitable.
REGISTRATION Form for FRIENDS PROGRAMS
For all Bookings simply phone Pathways on 33916866
Alternatively you can return this form to:
18/8 Catherine Street, Woolloongabba, 4102

Child’s Details
Child’s Name ____________________________________________
Age at attendance _____ Date of Birth _______________________
School Attended __________________________________________
School year at time of participation __________________________

Group FF EP JY SY
Term................Time......................
Confirmation email sent..............
Parent Workshop 1_________________
Parent Workshop 2_________________
Deposit........................................

Family Details
Mother’s name__________________________________________ Mobile Phone_________________________
Father’s name__________________________________________ Mobile Phone_________________________
Address_____________________________________________________________________________________
Home phone_________________________ Postcode________________
Email __________________________________________ Email2________________________________________
Marital status_________________________ Will both parents be involved ________________

How did you hear about the Friends program?______________________________________________
Does your child have any allergies?_______________________________________________________
Do you have Private Health Cover ☐ If yes with whom?______________________________________or Medicare ☐

Payment Details
Payment method:
☐ Weekly (deposit $270)
☐ Upfront (PUF – 15% disc.) ☐ PUF Deposit ($252) ☐ Full Upfront ($1374)
☐ Sibling Disc. (20%) ☐ PUF Deposit ($246) ☐ Full Upfront ($1302) ☐ Weekly (dep. $246)

Other discounts? $____________________ Description_____________________________________________________

Total Cost of Program $________________

Payment Type: ☐ Credit Card ☐ Cheque* ☐ Direct Payment** ☐ Cash

Credit Card details: __ __ __ __ / __ __ __ __ / __ __ __ __ / __ __ __ __ Exp.date __/___ CCV __________
Name on Card __________________________________________________________________________________________

* If paying by cheque please make payable to Pathways Health and Research Centre
** If paying by Direct Payment, please request account details