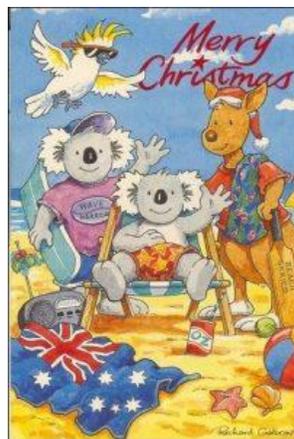


# Paula Barrett Friends Resilience

## Christmas Blog Entry

Seasons greetings from Dr. Paula Barrett and the team at FRIENDS Resilience. We have had a wonderful year at FRIENDS Resilience including some exciting changes. Our Fun FRIENDS, FRIENDS for Life and My FRIENDS Youth programs have continued to help many children and we have received a lot of positive feedback from families about how the programs have benefited them. In addition, our Strong not Tough: Adult Resilience program has empowered parents to increase their own resilience and help their children implement the FRIENDS skills more effectively at home.

Friends Resilience has also continued to train new facilitators for the FRIENDS programs across Australia, the UK, Canada, Ireland, New Zealand and more. Training is now taking place in an interactive online format. This format allows participants to do the training from the comfort of their own homes or workplaces, while still getting the benefits of interacting with the facilitator and other participants across their country. Having taken part in the training myself to see how it all works, I found that this format provided the unique opportunity of learning from other participants from vastly different settings and different areas in the world, allowing us to share our knowledge and experience with one another. Our wonderful veteran trainer Carolyn Harrod made sure the training was very interactive while also providing us with the benefit of her many years of experience and knowledge of the programs. We are very excited about the online training and its role in increasing the access to the FRIENDS programs worldwide. If you would like to enrol in online training please click on the following link <http://www.friendsresilience.org/online-friends-training>



The biggest change for Friends Resilience for the new year is that the FRIENDS facilitator manuals and activity books will now be made available in an electronic format as Ebooks. Dr Paula Barrett is passionate about taking care of our environment and excited about how this change will help us to significantly decrease our footprint on the environment.

The use of Ebooks also allows us to keep more up to date with today's tech savvy world where the majority of children prefer working on tablets or smart phones.

Thank you all for your part in making this a fantastic year with FRIENDS. We hope you all have a wonderful festive season and look forward to working together again in the new year.

