

Stress Busters for Kids

BUSINESS CLUB

PFN supports young people and their families in dealing with the difficulties and stresses of modern life by teaching simple practical techniques and relaxation skills.

Benefits from this training include enabling young people to cope better with the demands of school and, later in life, of the workplace.

Recent surveys suggest that 1 in 10 young people suffer from mild mental health problems.

WILL YOU HELP US BY SPONSORING ONE OF OUR PROGRAMMES FOR SCHOOL CHILDREN?

BENEFITS OF OUR PROGRAMMES include:-

Reduced stress levels - Improved sleep

Increased calm and ability to concentrate

A more positive attitude to life, school and future career

Better relationships with friends, teachers, parents and siblings

A reduction in violence and bullying

CHILDREN SAY

"It has helped me because now I can control my anger"

"It has made me relaxed during exams and stopped me from being nervous a lot as well."

"I have been kinder to friends and family. I have been sleeping better."

During the last six years we have run programmes in over 30 schools in Sheffield, but we need to reach more young people

"Stress is now something which afflicts children at school just as much as it affects adults at home or in the workplace, I am delighted that PFN is doing so much work to tackle the anxieties and tensions amongst children which can lead to greater levels of hostility and violence."

Nick Clegg MP Patron

Happy creative young people become the ideal employees of tomorrow!

Sponsor your local school, or any other of your choosing, each year.

DIAMOND MEMBER - £1,500 provides

A six week intensive small group course for 30 pupils

CD and set of affirmation cards for all pupils

Training for school staff

Workshop for parents

GOLD MEMBER - £400 provides

A six week intensive small group course for 8 pupils including

CD and set of affirmation cards for each

Or

Workshop, CD and affirmation card for up to 150 children

SILVER MEMBER - £275 provides

Workshop, CD and affirmation card for up to 100 children

All members will receive feedback from the schools and children who have participated.

Training is also available for your staff! Either a workshop or a two day course.

Programmes have been developed through many years experience of working with stressed adults and disaffected young people in schools and reflect the values of

The Art of Living in Peace a programme commissioned by UNESCO

JOIN NOW

Joining is easy you can email peace.foundation@waitrose.com

or use the application form on the website peacefoundationnetwork.org

or phone 0114 2308821 10am - 6pm

The Peace Foundation Network is a registered charity no. 1098828

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