



Dear Parents/Guardians,

We are excited to let you know that Friendship In Action (FIA) is returning to our support groups. It has been a challenging time for many people. We have been worried about all students, particularly the ones we have gotten to know through our work at your school.

We are excited to announce that we have developed a new program that allows us to work with students online. In what we see as a silver lining in not coming into the school, students can now be in a group which will include students from other schools. In groups of no more than 6, the students will be placed with others who are experiencing a similar challenge. We will meet via Google Meets for 45 minutes once a week. The teens will be selected by their teachers and then placed in a group with other young people. This will provide them an opportunity to tackle a similar issue together and give them an opportunity to get to know new people from other parts of Toronto or the province.

FIA believes that if a student is given the tools to learn how to be active listeners, they will take these skills with them as they mature. The strategies will help them later when they might encounter more challenging situations. These groups will provide them that opportunity.

The students will be learning from one another and teaching one another how to be resilient and supportive. The role of the facilitator is to create an environment of confidentiality in which the students feel safe, and to help steer the conversation. The most powerful learning will come from their peers.

The sessions are led by FIA Team members, who have had years of experience leading these workshops. The sessions will run once a week for eight weeks and will be held during school hours. Should you have any questions, please feel free to contact Gerry Mabin at gerry@friendshipinaction.com.

Thank you,

_____ (Principal)

I give permission for my child _____ to participate in the **Kids Helping Kids Manage Stress** sessions run by Friendship in Action.

I understand that the sessions are confidential but that I will be notified if there is any disclosure that might negatively affect my child or others.

I understand that a confidential pre and post survey will be completed by my child for the sole purpose of evaluating the effectiveness of FIA's program.

Signed: _____ Date: _____