



Befriender Workshop

About:

An introduction to befriending skillsets and knowledge.

Module 1: Roles and Responsibilities of Befrienders

- Learn the key role and responsibilities of a befriender
- Understand the boundaries in a befriender relationship
- Learn how to end a befriending relationship

Module 2: Key befriending skills

- How to apply Psychological First Aid to befriending

Module 3: Self-Care

- Learn different categories of self-care and how to apply it as a befriender.

Role-Play Activity



Duration: 4 hours

Group size: 10 to 40 persons

Cost: \$120 per person (before GST)

Mode of delivery: On-site

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academy@redcross.sg