



PEAK Consulting, LLC

(Parenting, Education & Advocacy for Kids)

“BFFs”, “Frenemies” & Loneliness

Navigating social and friendship issues in elementary & middle school

(A Seminar for Parents, Educators & Health Professionals)



Illustrated by Jotterbug Creative

When everyone seems to be pairing up with “BFFs” (Best Friends Forever!), life at school, and even on the weekends, can seem very lonely and isolating for children with a different approach to friendships. Just as quickly as they are formed, friendships can also fall apart, and the mocking, backhanded compliment can leave children wondering whether someone is really a friend or an enemy (“Frenemies”). When everyone wants to play soccer or four square at recess, children with less interest in sport are often left alone, wondering how to fill their time, and feeling that they don’t fit in.

Learning to navigate and cope with the often confusing social world of elementary and middle school can be a real challenge for children. With the ever-changing dynamics amongst friends, offering support and suggestions is also hard for parents, as we hesitate to become too involved, yet yearn to comfort and protect our children from unnecessary hurt or sadness.

This one hour seminar focuses on understanding some of the social challenges faced by children at this age, with some positive strategies to help build resilience and confidence.

DATE: Day or Evening sessions
TIME: 1 ½ hour presentation followed by question time / discussion
VENUE: School library / auditorium / local venues as arranged
COST: \$15.00 per adult or \$200 per hour flat rate

Alison Brown is a registered Australian psychologist, an experienced teacher and a parent. She was a committee member and Vice President of the Victorian Association for Gifted and Talented Children over six years, has presented at a number of state, national and international conferences in the areas of technology, gifted education, and psychology, and has provided extensive consultation and training programs to schools in Victoria, New South Wales, Queensland, Switzerland and Germany. Having taught for seven years at Methodist Ladies' College, Melbourne and worked as a school psychologist at Mosman Preparatory School and Kincoppal-Rose Bay, Sydney, she has first-hand experience in recognizing and catering for the social, emotional, and academic needs of students. With a post-graduate degree in child and adolescent psychology, Alison established a private practice in Melbourne, in 2004, with a particular interest in the areas of parenting, counseling, and gifted children. Alison is currently based in New Jersey, USA, working as a consultant and advocate through seminars, parent workshops, forums, and individual consultations. She is a trustee on the board of the New Jersey Association for Gifted Children, and currently completing a PhD through La Trobe University.

To enquire about available dates & times, or to arrange a school-based / district-based seminar, contact:

Alison Brown
34 Salter Place, Maplewood, 07040
Cell: 973-906-2233
Email: alisonbrownni@gmail.com