

Family Support Service



How to build...

Confidence and Self-Esteem

Online course for young people

Want to feel better about yourself? Want to feel more confident around other people?

**Starts 10
January
2024**

If you're in school year 7 or above, then our interactive 5-week course could be for you.

5 sessions cover:

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

Book by 22 December 2023

To secure your place, scan or click the QR code for more information.

If you need help email earlyhelpduty@buckinghamshire.gov.uk



**Online
Microsoft Teams**



**Wednesdays
5:30 to 6:30pm**



**SCAN OR
CLICK ME**