

# Family Support Service



How to build...

## Positive Relationships

### Online course for young people

If you would like to get on better with people, or living in a situation where relationships are challenging, then our interactive 5-week course could be for you.

Starts  
Tuesday 9  
January  
2024

This course is for young people in Year 7 and above.

#### 5 sessions cover:

- Tips to help make friends
- How to deal with peer pressure
- Tips for getting on better with your family
- Online relationships and social media

#### 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](mailto:earlyhelpduty@buckinghamshire.gov.uk)



Online  
Microsoft Teams



Tuesdays  
5:30pm to 6:30pm



SCAN OR  
CLICK ME