

Family Support Service

How to deal with... **Stress, Anxiety and Low Mood** Course for young people

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 5-week, interactive course could be for you!

5 sessions cover:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

Book your place by 22 December 2023

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

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



Aylesbury

Elmhurst Family Centre
Thursdays
5:30pm to 6:30pm



Online

Microsoft Teams
Thursdays
5pm to 6pm



**SCAN OR
CLICK ME**



**Starts 11
January
2024**