

Family Support Service



How to build...

Confidence and Self-Esteem

Course for young people

Starts 18 April 2023

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

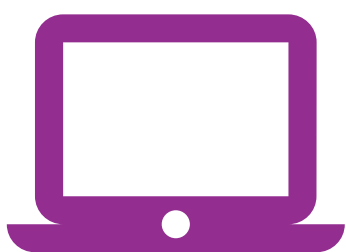
If you're in school year 7 or above, then our interactive 6-week course could be for you!

6 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

To secure your place, scan the QR code or email: earlyhelpduty@buckinghamshire.gov.uk

Book by 3 April 2023.



Online
Microsoft Teams



Tuesdays
6 to 7pm



**SCAN
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