

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 interactive 6-week course could be for you!

Starts W/C
17
April 2023

6 sessions cover:

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

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

Book by 3 April 2023.



Aylesbury
Wednesdays
5.30 to 6.30pm
Southcourt
Family Centre



Online
Mondays
6pm to 7pm
Microsoft
Teams



SCAN
ME