

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!

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

Book by 22 May 2023

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

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



Aylesbury

Tuesdays

5:30 to 6:30pm

Southcourt

Family Centre Plus



High Wycombe

Wednesdays

6pm to 7pm

Castlefield

Family Centre

Starts week commencing 5 June 2023



SCAN ME