



Proud to be part of

**Family Hub
Network**
Buckinghamshire



How to deal with...

Stress, Anxiety and Low Mood

Online 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, our online course could be for you. Sessions run on Friday afternoons and Tuesday evenings.

Sessions cover:

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

"It was so fun, I learnt so much and enjoyed myself"

For more information or to secure your place, scan or click the QR code.

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



**15 August
to 29 August**
(3 weeks)

1:30pm to 3:30pm

or

**22 September
to 20 October**
(5 weeks)

6pm to 7pm



**SCAN OR
CLICK ME**