

How to build...

Confidence and Self-Esteem

Course For Young People

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 short 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



Starts week beginning 28th February 2022!!

Aylesbury

Tuesdays

6-7pm

Elmhurst Family Centre, Dunsham Lane

Chesham (centre)

Wednesdays

6-7pm

Location TBC

Book a place before 14th Feb at:

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit

familyinfo.buckinghamshire.gov.uk/familysupport

