

How to Build... Positive Relationships

Course For Young People

Would you like to get on better with people online or in real life?

Are you living with a situation where relationships are challenging?

If you're in school year 7 or above then our short course could be for you!

6 sessions cover...

- Tips to help make friends
- How to deal with peer pressure
- Tips on getting on better with your family
- Online relationships and social media



"I find relationships hard so this has made me feel more confident."

Starts week beginning 28 February!

High Wycombe

Mondays

6 to 7pm

Castlefield Family Centre
Rutland Avenue, HP12 3LL

Virtual

Thursdays

6-7pm

MS Teams

Book a place before 14 Feb at:

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit

familyinfo.buckinghamshire.gov.uk/familysupport

