

# Family Support Service



## How to build... **Confidence and Self-Esteem**

**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 5-week course could be for you!

### **5 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

Book a place by 23 December by emailing:  
**[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)**



**Steeple Claydon**  
**Wednesdays**  
**5.30 to 6.30pm**  
Steeple Claydon  
Family Centre



**Online**  
**Tuesdays**  
**6.30 to 7.30pm**  
Microsoft  
Teams



**SCAN  
ME**

**Starts W/C  
9  
January**