

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 6 week 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 Monday 6 June!!

Aylesbury

Mondays 5.30-6.30pm
Elmhurst Family Centre
HP20 2DB

Book a place before 23 May at:

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit
familyinfo.buckinghamshire.gov.uk/familysupport

