

How to build...

Confidence and Self-Esteem

Online course For Young People

Want to feel better about yourself?
Want to feel more confident around
other people?

If you're in school years 7 and
above then our short, online course
could be for you!

6 sessions covers...

- 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

High Wycombe

Monday 6 to 7PM

The Library, 5 Eden Place
HP11 2DH

Online

Tuesdays

6 to 7PM
Online MS Teams

Book a place

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit

familyinfo.buckinghamshire.gov.uk/familysupport



starts week
beginning
10 Jan