



How to...

Thrive at School

Online course for young people

Would you like to reach your potential at school and deal with all the challenges school life throws at you?

If you're in school year 7 or above then our online 6-week course could be for you.

6 sessions cover:

- Tips for making good friends
- How to deal with bullying and peer pressure
- How to get organised
- How to deal with exam stress and schoolwork pressures

For more information or to secure your place, scan or click the QR code.

If you need help email familyhubgroups@buckinghamshire.gov.uk



Tuesdays
17 September to
22 October
6pm to 7pm



Tuesdays
5 November to
10 December
6pm to 7pm



SCAN OR
CLICK ME