

# Family Support Service

How to...

## Live your best Life

Course for young people

Would you like to feel empowered to make different choices?

If you're in school years 7 and above then our interactive 6-week course could be for you!

### Sessions cover:

- Building self-confidence
- Knowing who we really are
- Understanding what exploitation may look like
- Knowing what a healthy relationship is
- Preparing for a brighter future

For more details, or to book your place scan the QR code. If you need support or help to complete the form email [earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk). **Book a place by 16 October.**



### Elmhurst Family Centre

Tuesdays  
5:30pm to 7pm

**Starts 7 November**



### Castlefield Family Centre

Thursdays  
6pm to 7:30pm

**Starts 2 November**



**SCAN ME**