



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 year 7 or above, then our interactive online 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

To secure your place or for more information, scan or click the QR code.

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



Thursdays
19 September to
24 October
6pm to 7pm



Tuesdays
12 November to
10 December
6pm to 7pm



**SCAN OR
CLICK ME**