

Family Support Service



How to...

Thrive at School

Course for young people

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

Starts week beginning 30 October 2023

If you're in school year 7 or above then our interactive 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

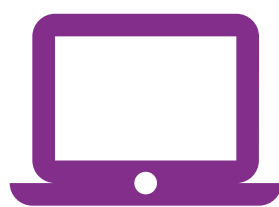
Book by 16 October 2023

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

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



Aylesbury
Wednesdays
5:30 to 6:30pm
Elmhurst
Family Centre



Online
Thursdays
5 to 6pm
Microsoft Teams



**SCAN
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