

Family Support Service

How to deal with... **Stress, Anxiety and Low Mood** Online course for young people



Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 2-day, interactive course could be for you!

This course covers:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

You will need to be able to attend both days for a place on this course. Sessions will be held on Microsoft Teams.

Book by 7 August 2023

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

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



**Tuesday 22 and
Thursday 24 August**



1:30pm to 3:30pm



**SCAN
ME**