

Family Support Service

How to deal with... **Stress, Anxiety and Low Mood** 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 6-week, 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

Book by 23 October 2023

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

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



High Wycombe
Mapledean Family
Centre Plus



Tuesdays
6pm to 7pm



**Starts 7
November
2023**



**SCAN
ME**