



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 5-week, online course could be for you! Sessions run on **Wednesday** evenings.

5 sessions cover:

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

For more information or to secure your place, scan or click the QR code.

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

**Starts
February
2025**



**SCAN OR
CLICK ME**



**26 February to 26
March 2025**



6pm to 7pm

Proud to be part of
**Family Hub
Network**
Buckinghamshire