



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, 5-week course could be for you. Sessions run on **Thursday** evenings.

5 online 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



**SCAN OR
CLICK ME**



**16 January to 13
February 2025**



6pm to 7pm

Proud to be part of

**Family Hub
Network**
Buckinghamshire