

# Family Support Service



## How to build... **Confidence and Self-Esteem**

### 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 6-week course could be for you.

#### **6 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

#### **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](mailto:earlyhelpduty@buckinghamshire.gov.uk)



**Chesham**  
Newtown Family  
Centre Plus



**Tuesdays**  
5pm to 6pm

**Starts 7  
November  
2023**



**SCAN  
ME**