

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 short 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



**Starts Tuesday 26th April!!**

**High Wycombe**

**Tuesdays, 6-7pm**

Castlefield Family Centre

Rutland Avenue, Castlefield, High

Wycombe, Buckinghamshire HP12 3LL

**Book a place before 13th April at:**

[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

**For more information please visit**

[familyinfo.buckinghamshire.gov.uk/familysupport](http://familyinfo.buckinghamshire.gov.uk/familysupport)

