

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 course could be for you!

6 sessions cover...

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

Starts week beginning 25 April 2022!

Aylesbury

Tuesdays 6-7pm

Elmhurst Family Centre

HP20 2BD

Book a place before 13 April at:

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit

familyinfo.buckinghamshire.gov.uk/familysupport

"I have learnt helpful coping mechanisms to deal with my anxiety and know that help is available should I need it."

