



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 or above, then our 5-week online course could be for you. Our sessions will cover:

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

"It was so fun, I learnt so much and enjoyed myself"

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

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



Tuesdays
13 January
to 10 February
2026
6pm to 7pm

or

Tuesdays
24 February
to 24 March 2026
6pm to 7pm



SCAN OR
CLICK ME