

**Family
Support
Service**

Wellbeing matters

For 7 to 11 year olds

A two-day workshop during the October half-term for primary-aged young people.

Topics will include your wellbeing, emotions, self-esteem, resilience, and relationships with others.



email to sign up:

earlyhelpduty@buckinghamshire.gov.uk



**10am
to 2pm**



**24 and 25 October
2023**



**Amersham
Family Centre**



**Scan
me!** 

For more information please visit
familyinfo.buckinghamshire.gov.uk/familysupport