

# How to Build... Positive Relationships

## Course For Young People

Would you like to get on better with people online or in real life?

Are you living with a situation where relationships are challenging?

If you're in school year 7 or above then our short course could be for you!

### 6 sessions cover...

- Tips to help make friends
- How to deal with peer pressure
- Tips on getting on better with your family
- Online relationships and social media



*"I find relationships hard so this has made me feel more confident."*

## Starts week beginning 28 February!

### High Wycombe

**Mondays**

**6 to 7pm**

Castlefield Family Centre  
Rutland Avenue, HP12 3LL

### Virtual

**Thursdays**

**6-7pm**

MS Teams

**Book a place before 14 Feb at:**

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

**For more information please visit**

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

