



Proud to be part of

**Family Hub
Network**
Buckinghamshire



Wellbeing matters

For 7 to 11 year olds

A one-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.

Spaces are limited, secure your place now!

For more information or to register your interest please contact us by:

Email: familyhubgroups@buckinghamshire.gov.uk

Phone: 01296 383293



Southcourt Family Centre Plus - HP21 8DP

Wednesday 29 October 2025 | 10am to 2pm



Burnham Family Centre - SL1 8DP

Wednesday 29 October 2025 | 10am to 2pm



Castlefield Family Centre - HP12 3LL

Thursday 30 October 2025 | 10am to 2pm