



# Bounce Back

Helping you build resilience to deal with the ups and downs of life.

A six-week course helping young people to build emotional resilience.

Bounce Back is a youth emotional resilience course for ages 11-18. The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

The course includes:

- An introduction to emotional resilience, get to know you games and activities
- Identifying support networks and understanding the importance of having a support network
- Understanding anxiety and how it can impact on you
- Understanding stress and how to tackle it

Running from the 8th of November 2019.

Fridays 4pm - 5pm at Fusion Healthy Living Centre.

Please E-Mail: [anniepalmer@fusionhlc.org.uk](mailto:anniepalmer@fusionhlc.org.uk) to book.