Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course Spring 2021

A FREE course for Mums, Dads and Carers of children 0-19yrs Countywide

Wednesday evenings
First session 6th January 7.30-9.00pm
Then 13th, 20th, 27th Jan, 3rd & 10th February 8.00-9.00pm

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Families Feeling Safe

Sessions will run on Zoom and we can help you with this

For eligibility and to book your FREE place please email:

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please like us on Facebook for further updates @familiesfeelingsafe

Hertfordshire

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire .We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk