

# Parents and carers



Families Feeling Safe Protective Behaviours Services

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[www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk)

Are you looking for some strategies and ideas to help to improve family life?

- Would you like to help your child to develop confident and resilience?
- Would you like to learn strategies to help improve your child's self-esteem?
- Would you like to help your child develop skills to empower them to make safer choices?

This programme is a practical and down to earth programme for mums, dads and carers of children and teenagers 0-19 years old.



### Families Feeling Safe programme can help to:

- ✓ Build self - esteem and confidence
- ✓ Manage stress, anger, anxiety and worries
  - ✓ Improve communication
  - ✓ Improve emotional well being
- ✓ develop strategies for feeling safe and developing problem - solving skills to use in a range of situations
- ✓ enable individuals to recognise and manage a range of feelings and make safe choices

The ideas and skills learned can improve family relationships, help parents and carers talk with their children and develop safe networks.

Each parent will receive their own workbook with ideas to try at home.

### What parents and carers have said about the programme:

This course has really helped me equip my children to cope with future life experience

We communicate now where all voices are heard

"I would recommend this course to any parent; it's changed my life "

A brilliant course. All parents should do it. It wasn't all happy. We meet people with different issues and it helps you understand and perhaps not judge others

