

Families Feeling Safe Protective Behaviours

Buntingford

**for Mums, Dads and
Carers of 9-18yrs**



**To register for your FREE place
please contact Sally**

**sally@familiesfeelingsafe.co.uk
or Tel: 07875 667736**



"I'm so thankful for this course"

"My children are happier and calmer!"

The Families Feeling Safe programme offers mums, dads and carers ideas and strategies to help their family and children to

- **Build confidence and self-esteem**
- **Manage stress, anger, anxiety and worries**
- **Deal with peer pressure, bullying**
- **Cope with change and transitions**
- **Know how and who to talk with to get help**
- **Stay feeling in control and make safe choices**
- **Improve communication**
- **Know ways to keep themselves feeling safe**

We focus on what we **can** do and we have some fun!

Thursdays 9.30am — 11.30am

3rd May to 5th July 2018

(excluding half term 31st May)

at

Bramble Hill Children's Centre,

Mill Close,

Buntingford, SG9 9SZ