

Families Feeling Safe Protective Behaviours

Hatfield

**for Mums, Dads and
Carers**



“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!

To register for your **FREE** place
please email
wendy@familiesfeelingsafe.co.uk
or
Tel: 07874662486

Monday evenings 7.30pm—9.15pm

14th May—16th July 2018

(excluding half term)

at

**The Community Room at Tesco Hatfield,
Mount Pleasant,
Oldings Corner (next to A1),
Hatfield, AL9 5JY**

