

# Families Feeling Safe Protective Behaviours

**Watford**

**for Mums, Dads and  
Carers of children  
5years - Teens**



**For eligibility and to book your FREE  
place please contact**

**Vicky**

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

- ◆ Build self-esteem and confidence
- ◆ Recognise Early Warning Signs
- ◆ Understand the link between Feelings, Thoughts and Behaviour
- ◆ Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- ◆ Understand what may be influencing your child's behaviour
- ◆ Improve communication with your child and others
- ◆ Improve emotional well-being
- ◆ Develop strategies for feeling safe and problem-solving skills to use in a range of situations

**"I've got a whole set of approaches and practical ways to  
understand family life and Me!"**

**"I wish I had done the course sooner"**

**Thursday mornings 9.30-11.30am**

**18th October to 13th December**

**(excluding half term 1st Nov)**

**at**

**Thorpe Community Room, Garston Fire Station**

**530 St Albans Road, Watford WD24 7RX**