

Families Feeling Safe Protective Behaviours

Potters Bar

**for Dads of children
0-19 years**



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

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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"

Monday evenings 7.00—9.00pm

21st January —25th March 2019

(excluding half term)

At

Cranborne Primary School

Laurel Fields, Potters Bar EN6 2BA