

Families Feeling Safe Protective Behaviours

Broxbourne

**for Mums, Dads and
Carers of children
4-16 years**



**For eligibility and to book your
FREE place please phone
01992 303331 ext 5**



Please like us on Facebook for further updates @familiesfeelingsafe

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"

Wednesday mornings 9.30am - 11.30am

15th January— 18th March 2020

(excluding half term 19th Feb)

at

**The Community Room, Wormley Primary School,
Cozens Lane East,**

Broxbourne. EN10 6QA

