Broxbourne

Families Feeling Safe Protective Behaviours

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 problemsolving 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



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire .We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk