

Families Feeling Safe Protective Behaviours

Hertford

**for Dads and Male
Carers of children
0 - Teens**



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

Sue

E-mail: sue@familiesfeelingsafe.co.uk

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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"

Thursday evenings 7.00 - 9.00pm

14th May—9th July 2020

(excluding half term 28 May)

**The Hollybush Centre, Hollybush Primary
School,**

**115 Fordwich Rise, Hertford,
SG14 2DF**

