

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
Autumn 2020**

**A FREE course for Dads
and Male Carers of
children 0-19yrs
*North Herts**



Tuesday evenings 8.00pm - 9.00pm

15th, 22nd, 29th Sept, 6th, 13th & 20th
October 2020

Sessions will run on Zoom - we can help
you with this



Please like us on Facebook for further
updates @familiesfeelingsafe

Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to

- ◆ Understand the links between Feelings, Thoughts and Behaviour
- ◆ Understand what may be influencing your child's behaviour
- ◆ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ◆ Improve communication to build better relationships
- ◆ Build on your own and your child's strengths
- ◆ Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

* Please contact us if you live in a different area of Herts
- we may be able offer you a place

For eligibility and to book your FREE place please
email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

