

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
Autumn 2020**

**A FREE course for Mums,
Dads and Carers of
children 0-19yrs
*Hertsmere**



Thursday evenings 8.00pm - 9.00pm

Sessions will run on Zoom and we can help you with this: Intro session 10th Sept, then

17th, 24th Sept, 1st, 8th, 15th & 22nd Oct.

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



Please like us on Facebook for further updates @familiesfeelingsafe

