

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
Autumn 2020**

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



Monday afternoons 1.30—2.30pm

**Intro session 2nd November then
9th, 16th, 23rd, 30th November, 7th
& 14th December 2020**

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"

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

For eligibility and to book your FREE place please email:

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606



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