

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course  
starting  
February 2021**

**A FREE course for Dads and  
Male Carers  
\* Broxbourne**



**Thursday evenings Online**  
First session 25th February  
7.30-9.00pm

Then 4th, 11th, 18th, 25th March & 1st  
April 8.00-9.00pm

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

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](mailto:enquiries@familiesfeelingsafe.co.uk)

Tel: 07748 332606



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