

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course  
starting  
February 2021**

**A FREE course for Mums,  
Dads and Carers  
\*Watford**



**Tuesday evenings Online  
First session 23rd February**

**7.30-9.00pm**

**Then 2nd, 9th, 16th, 23rd & 30th March**

**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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