

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
starting
April 2021**

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



Wednesday evenings Online

7.30-9.00pm

**21st, 28th April, 5th, 12th, 19th & 26th
May 2021**

**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"

Places are funded by HCC and there are eligibility criteria

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

Tel: 07748 332606



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