

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
starting
November 2021**

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



**Tuesday evenings Online
7.30-9.00pm**

**2, 9, 16, 23, 30 November & 7 December
2021**

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



Please like us on Facebook for further updates @familiesfeelingsafe

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 for families living in Hertfordshire and there are eligibility criteria

For eligibility and to book your FREE place please email:

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

