

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course  
starting  
February 2022**

**A FREE course for Mums,  
Dads, Step-parents and  
Carers**



**Tuesday mornings Online  
10.00am—11.30am**

**22 Feb, 1, 8, 15, 22 & 29 March 2022**

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

**Tel: 07748 332606**



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