

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
starting
September 2022**

**A FREE course for Dads,
Step-Dads and Male Carers**



**Tuesday evenings Online
7.30pm - 9.00pm**

13, 20, 27 Sept, 4, 11 & 18 Oct 2022
Sessions will run on Zoom

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 in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please

Email: enquiries@familiesfeeling-safe.co.uk

Course No: L4E1

Tel: 07748 332606



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