

Families Feeling Safe

Supporting families with Protective Behaviours

**HEMEL
HEMPSTEAD
starting
January 2023**

**A FREE course for Mums, Dads,
Step-Parents and Carers of
children pre-birth-11yrs**



**Thursday mornings
9.30am—11.30am**

**26 Jan, 2, 9, 23 Feb, 2, 9, 16 & 23 March
2023**

At

**Adeyfield Community Centre
The Queens Square, Hemel Hempstead
HP2 4EW**

Creche available



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

Places are for families with children pre-birth up to 11yrs old (with one or more children under 5 years).

For eligibility and to book your FREE place please contact:

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course No: HH5/01



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