

Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE course
starting
January 2023**

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



**Tuesday evenings Online
7.15pm - 9.15pm**

**10, 17, 24, 31 Jan & 7 Feb 2023
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



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@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course no. OL4/01



Please like us on Facebook for further updates @familiesfeelingsafe

