Broxbourne **Starting Sept 2023**

Families Feeling Safe

Supporting families with Protective Behaviours

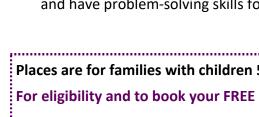
A FREE course for Mums, Dads, Step-Parents and Carers of children 5-19yrs

you to

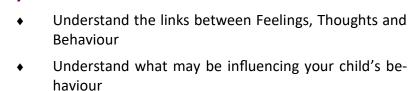


Thursday mornings 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23 Nov 2023

Wormley School Community Room Cozens Lane East, **Broxbourne, EN10 6QA**







Are you looking for some strategies and new ideas to help improve family life? This course can help

- 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 5 -19 years old For eligibility and to book your FREE place please contact:

Tel: 01992 303331 Opt. 5



