

# Families Feeling Safe

Supporting families with Protective Behaviours

**Broxbourne  
Starting  
Sept 2023**

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



**Thursday mornings  
9.30am—11.30am**

**21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23  
Nov 2023**

**At**

**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 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 5 -19 years old**

**For eligibility and to book your FREE place please contact:**

**Tel: 01992 303331 Opt. 5**



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