

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Thursday evenings
starting
5 October 2023

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



Online
Thursday evenings
7.00pm - 9.00pm
5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023

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 who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O4/02



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