

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
morning course  
starting  
5 October 2023

**A FREE course for Mums,  
Dads, Step-Parents and  
Carers**



**Online Thursday mornings**  
**9.30am - 11.30am**

**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](mailto:enquiries@familiesfeelingsafe.co.uk)**

**Tel: 07748 332606**

**Please quote course number O5/D2**



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