

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
morning course
starting
3 October 2023

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



Online Tuesday mornings
9.30am - 11.30am

**3, 10, 17, 31 Oct, 7, 14, 21 & 28
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 O5/D1



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