Families Feeling Safe

ONLINE morning course starting 3 October 2023

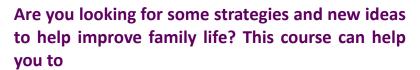
Supporting families with Protective Behaviours

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



- 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



