

Families Feeling Safe

Supporting families with Protective Behaviours

**Broxbourne
Starting
January 2024**

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



**Tuesday mornings
9.30am—11.30am**

**16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12 & 19
March 2024**

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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