BROXBOURNE starting September 2024

Families Feeling Safe

Supporting families with Protective Behaviours

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



Thursday mornings 9.30am—11.30am 19, 26 Sept, 3,10, 17, 24 Oct, 7, 14 & 21 November 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 9 week term time course can help you to:

- Understand how Feelings, Thoughts and Behaviour link together
- 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

Places are funded for families within Hertfordshire

For eligibility and to book your fully funded place please contact:

Tel: 01992 303331 Opt. 5







Please like us on Facebook for further updates @familiesfeelingsafe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire .We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk