

Families Feeling Safe

Supporting families with Protective Behaviours

BROXBOURNE
starting
September 2024

**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



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