Families Feeling Safe

Supporting families with Protective Behaviours WELWYN GARDEN CITY starting October 2024

A FREE course for Mums, Dads, and Carers of children 0-19yrs



Thursday mornings 9.30am—11.30am 10, 17, 24 Oct, 7, 14, 21, 28 Nov & 5 Dec 2024 at

Swallow Dell Primary and Nursery School Blackthorn Road Welwyn Garden City





Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This 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 for fully funded for parents andca rers in Hertfordshire

For eligibility and to book your FREE place please contact: enquiries@familiesfeelingsafe.co.uk Tel: 07850 518216





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