

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



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

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

Places are for fully funded for parents and carers in Hertfordshire

For eligibility and to book your FREE place please contact:
enquiries@familiesfeeling-safe.co.uk

Tel: 07850 518216



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