

Supporting Families with Protective Behaviours

**Online courses
starting
October 2024**



Tuesdays mornings

9.30am—11.30am

8 October —3 December

**For Mums, Dads &
Carers**

Course code L5/am

Are you looking for strategies and new ideas to help improve family life?

This 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

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

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

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

***Please quote the course code and a mobile number**



Please like us on Facebook for further updates @familiesfeelingsafe

Tuesdays evenings

7.00pm—9.00pm

8 October —3 December

**For Mums, Dads &
Carers**

Course code L5/eve

Thursdays evenings

7.00pm—9.00pm

10 October-5 December

For Dads & Male carers

Course code L4/eve

