

# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
starting  
**4th November**  
**2024**

**A FREE 6-week course for  
Mums, Dads, and Carers of  
children 0 -19yrs**



**Monday evenings**  
**7.00pm—9.00pm**  
**4, 11, 18, 25 Nov, 2 & 9 December**

**Are you looking for some strategies and new ideas to help improve family life? This 6-week 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 families with Hertfordshire**

**For eligibility and to book your FREE place please contact:**

**E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**

**Tel: 07850 518216**



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