

Supporting Families with Protective Behaviours

Online courses
starting
January 2025



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 your mobile number**



Please like us on Facebook for further updates @familiesfeelingsafe

For Mums, Dads & Carers

Tuesdays

28 Jan—25 March

9.30am—11.30am

Course code L5/am

Or

7.00pm—9.00pm

Course code L5/eve

For Dads & Male Carers

Thursdays

30 Jan—27 March

7.00pm—9.00pm

Course code L4/eve

