

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
starting
27th February
2025

**A 6-week course for Dads and
Male Carers of children
0 -19yrs**



Thursday evenings
7.00pm—9.00pm
27 February— 3 April 2025

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

This fully funded 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 within Hertfordshire

For eligibility and to book your FREE place please contact:

E-mail: enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216



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