

# Families Feeling Safe

Supporting families with Protective Behaviours

**BROXBOURNE**  
starting  
April 2026

**A FREE course for Mums, Dads,  
and Carers of children 5-19yrs**



**Friday mornings**  
**9.30am—11.30am**  
**24th April to 26th June**  
(excluding half term)

**At**  
**Wormley School Community**  
**Room**  
**Cozens Lane East,**  
**Broxbourne, EN10 6QA**

**Are you looking for some strategies and new ideas to help improve family life? This 9 week fully-funded term time 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

**For eligibility and to book your fully funded place please use this link or the QR code**

<https://forms.office.com/e/iz949mReq8>

or email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

Funded by  
Hertfordshire  
County Council



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