

Families Feeling Safe

Supporting families with Protective Behaviours

HERTFORD
starting
April 2026

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



Thursday mornings
9.30am—11.30am
16th April to 11th June
(excluding half term)

At
The Community Alliance Hub
67 Fore street
Hertford
SG14 1AL

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

Funded by
Hertfordshire
County Council



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