

# Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses  
starting  
May 2026



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

**This fully funded 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 use this link or the QR code:**

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

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

**\*to be eligible to book a place, either parent, child/ren or both need to live in Hertfordshire**

**Thursday  
mornings**  
7 May – 2 July  
9.30 – 11.30

Or

**Wednesday  
evenings**  
6 May – 1 July  
7.00pm – 9.00pm



Funded by  
Hertfordshire  
County Council



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